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By the same Author

**AN INNKEEPER'S DIARY
CONFESSIONS OF AN INNKEEPER**

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NATURE IN GREEK ART
(transl. E. Loewy) *out of print*
GARDENER'S COLOURBOOK ,,
THE FOTHERGILL OMNIBUS ,,

I. Self-Portrait by John Fothergill (before Innkeeping)

John Fothergill's Cookery Book

Chatto & Windus

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This is not a book of recipes for sumptuous dishes to be read in bed as an escape from our food at home; nor of curious recipes, that, if we have the materials to make them with, are neither likeable nor makeable; nor of foreign ones with intriguing names when the results are, after all, just like our cottage pie or pancake.

It is a collection of known recipes with my own modifications and ways of preparing them and a number of original dishes and sauces that I have produced during twenty years of middle-pocket Innkeeping. So instead of being a mixed pot with a picking only for each taste, mood, means or circumstance, it is a repertory with one character throughout, manifest in a preference for strong flavour and colour; practicality and economy (which in business and in private too, is often best expressed in generosity); and in its little regard for the conventional use and treatment of materials and guest.

When there are already such beautiful books on cookery and such good things in other people's houses, and sometimes in hotels, I am diffident in publishing my own operations, but, since in the last eight years I have cooked and served with Janet de la Cour's help some 200,000 meals with these recipes, they have perhaps a claim to be recorded together.

3 swans, market harboro'

John Fothergill

To KATÉ

in gratitude for her noble housekeeping

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Roses are mine, and orange flowers, and musk ;
the rising sunlight, and the darkening dusk ;
and grief doth spread
dear pillows for my head.

Music is mine ; and forms of man or maid
are ever fresh, as lovers unessay'd ;
more sweets attend
my table to the end,

So sudden death but take into the air
the latter clouding of the whilom fair,
as maiden fleet
to leave a chamber neat.

“ A. L. RAILE ”. (E. P. WARREN.)

HORS D'ŒUVRE

ANCHOVY

with chopped Danish cucumbers (p. 70) and a little of the juice. This cucumber is a delightful sweet pickle and, after opening, lasts a long time in a basin. Each tin is flavoured with a bunch of dill.

ANCHOVY

and hard-boiled eggs, chopped together and mixed with salad dressing (p. 63) in tartlets or on pastry squares.

ANCHOVY AND POTATOES

Cut potatoes into straws, three parts fry them, keeping them separate (with raspings, if available), put in flat fireproof dish, cover with fried onions and anchovies, sprinkled with cheese and/or cream, and brown. (A variation of a recipe in Norah Shaw's *Food for the Greedy*.)

BEETROOT

sliced into straws, or grated, mixed with sugar, vinegar, pepper, salt and cream (ever so little does). Sugar beet which, though white, has the same taste, so gives a mild surprise.

CHEESE STRAWS

If short crust (ten per cent of mashed potatoes improves pastry), the cheese should be rather more than half the weight of the flour. Add red pepper and mustard. If puff pastry, brush the pastry with raw egg and sprinkle grated cheese and raspings before baking.

GOAT'S CHEESE

Gjetost seems to keep indefinitely. (Stores, p. 70.) Slice it thin. Put it on thin buttered biscuits (p. 65) or pumper-

HORS D'ŒUVRE contd.

nikel, bought in tins. (Stores, p. 70.) It goes well with sherry or cocktails.

KIPPER HADDOCK

is my way of getting round smoked salmon. Take off the backbone of the raw fish, a careful job. Run a knife along under the ribs which should come away all together. Put the board along the edge of the table and slice the fish off the skin below, as you would smoked salmon, with a very sharp knife, or merely chop it up, and (i) lay it on buttered toast biscuits, fairy bread, pumpernikel (p. 70) or neat with salad mixture or on chopped lettuce. (ii) beat raw smoked haddock or kipper with cream cheese and pepper, and spread on buttered biscuits or pumpernikel (p. 70).

PRUNES

Stewed and stoned, stuffed with pickled walnuts. In order to manipulate the walnut pickle, I mash the contents of the bottle into a pulp.

SARDINES

On pumpernikel, skinned, with a mixture of vinegar, chopped capers, grated onion and pepper on them.

TUNNY

With salad mixture (p. 63), on thin buttered toast or fairy bread.

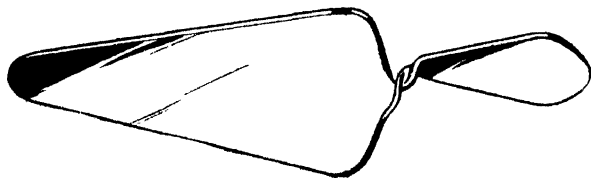
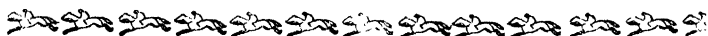


Fig. 1. Flan trowel

SOUP



ARTICHOKE

As this root is often very wasteful to peel, I sacrifice the whiteness to taste and economy, and scrub them well in hot water with a hard brush. Chop them with knife or chopper. Boil with onions in stock or water for about $\frac{3}{4}$ hour. Sieve and heat up with milk and clear soup or stock and thicken with rich white sauce. A little whipped cream goes a long way.

BEETROOT

Scrub and slice thin (with kitchen chopper for preference), and simmer with onion in stock or clear soup or water. Watch carefully so as to take it off before the beet begins to look brown. If you want brilliant colour it's best to be extravagant, i.e. more beetroot and less simmer. Drain. Mix in a milky, buttery white sauce, pepper, salt and a bit of sugar. Don't boil, and it's best kept hot in a double saucepan to retain the colour longer. Sugar beet can be done in the same way, but, being white, it loses in colour what it gains in the unexpected in taste. When serving, drop a teaspoonful of whipped cream into each plate.

BLACK SOUP

Made from Black Beans (p. 70). In Boston, Mass., this soup is the regular thing on Sundays, whilst their poor Sunday breakfast consists of hot, buttered "brown bread," $\frac{1}{2}$ inch thick (p. 65), and fish balls with toast served on a plate under a white napkin, followed by pickle pork and baked beans.

Soak the beans overnight. Boil to a mush in stock or water with bacon rind and onions. If using an Aga, boil for a few minutes and leave in bottom oven for hours. Remove the

SOUP contd.

rind. If not boiled to a mush, I have found that it is best to put the beans and water first through a coarse sieve (or even the mincer) and then the fine sieve. Keep some of the liquid back when sieving to mix in when the stuff in the sieve gets dry. Heat up again with salt and pepper, of which it takes a lot, add brown sherry and rings of hard-boiled egg. More or less the same thing can be got with the rich brown haricot beans commonly on sale in England ; even the water that these are boiled in, if not too much of it, makes a good brown soup, when garnished in the Boston way.

CELERIAC

Treat as artichokes, above.

CHEESE

Boil chopped onion in milk (if there is too little liquid it curdles), or water with cloves and (important) bayleaf. Fish out the cloves and bay and squash the onion through a sieve back into the water and make a rich white sauce with it. Mix in grated cheese and melt slowly in double saucepan, stirring often. When properly melted pour it into boiled milk and stock, pepper and salt, and keep hot in double saucepan to prevent the cheese curdling at the bottom. To make it perfect stir in beaten yolks of eggs whilst in a boiling double saucepan, and when serving put to float on each plateful a spoonful of the well-whipped whites.

CURRY

Onions boiled in gravy, stock or water. Add thickening with a little sugar, incorrectly to correct the proper rasping taste of curry. Add also some chutney and apple, or tomato chutney sieved into it.

GREEN PEA

Boil the peas in stock, sieve, add milk in which the pods have been boiled, but for a few minutes only, thicken with rich,

SOUP *contd.*

white sauce, and, at last minute, add some mint, either chopped very fine or, much better, beaten in mortar into a green juice; or mint jelly (p. 61); or, if dried mint, rub it to dust between the palms. Sugar, salt and pepper.

HARE

Stew to rags with onions, cloves and thyme, what remains of a jugged hare along with the heads, ribs, livers, etc. When cold, pick off as much meat as possible, put through a sieve and add to the stock claret, port or sherry, and thicken with brown sauce, i.e. sauce made with flour slightly browned in frying pan into which you melt butter and stir in some of the stew liquid till it all boils together. A touch of vinegar and sugar is good and a little soya (or Oxo) helps.

MAUVE

I shouldn't think anyone else has happed upon this shocking yet attractive mauve soup. It is only the water or stock in which you have boiled red cabbage (p. 62) and boiled again with the outside leaves to intensify the colour, so for that reason it's best to make the first boiling in as little water as possible. (When cold it goes indigo blue.) The more the cabbage, the better the colour. As it has little cabbage flavour it wants helping out, but I've never decided what flavour goes with mauve. Anyhow, a rich white sauce, with grated cheese slowly melted into it and then re-heated in a double pan is good or some Jerusalem artichokes or celeriac stewed in milk and stock and sieved into the sauce. It should be served very hot with sippets or a teaspoonful of whipped cream in the middle of the plate.

MUSHROOM

Chop fine the entire mushrooms. Stew, with chopped onion, in enough milk and water, salt and pepper, till the mushroom is tasteless. Rub dry through a sieve and add milk or stock

SOUP contd.

and a rich white sauce made with the stew milk. Cream if possible.

ONION

Fry chopped onions in butter and before they get yellow add water and let simmer a while, then stir in flour and boil till thick and simmer again. Put the lot through a sieve into the required quantity of milk or stock or water with pepper and salt and grated cheese.

SHRIMP

If they be very salt soak them in water. Pound in a mortar or chop fine. Mix well with fish milk stock made from bones and heads from the fishmonger and warm. Scrub through a sieve and finish by squeezing out the precious juice with the hands. Add this to the fish stock in which chopped onions and paprika colouring have been boiled and pepper, and thicken with rich white sauce, made with the fish stock.

SPINACH

Sieved spinach boiled in stock (or water) to which is added milk or stock and buttery white sauce. Plenty of pepper and salt.

TOHEROA

A delicious and surprising soup made from a kind of shell-fish washed up by tidal waves on certain New Zealand sands. It is a brilliant olive green, comes in tins (Stores, p. 70), and is not expensive because it can be stretched considerably with fish stock and milk and rich white sauce or cream. This, like other fish soups, is best served with fried sippets or toasted or dried slices of rolls.

VEGETABLE

Made with any cooked vegetables and onions sieved and stirred into stock or milk, thickened and, better, with the addition of grated cheese.

SOUP GARNISHINGS

BUTTERED EGGS

Done hard with grated onions and chopped fine.

DOUGH PEAS

From a remarkable 5s. book, *Basic Receipts*, Weldons, now out of print.

Mix $\frac{3}{4}$ gill of milk and 3 oz. of flour, pepper, salt and grated cheese to a fine paste. Stir in a beaten egg. Push through a wire sieve into smoking bacon fat or lard. Fry light brown. Drain well and serve hot and apart. As a variant from cheese I've used powdered dried herbs (with a touch of sugar) or tomato ketchup.

EGG RAIN

The egg is well whisked in a cup with some milk, pepper and salt, and whipped into the soup when it is boiling. Continue to boil for a minute.

EGGED SIPPETS

Cut bread slices into cubes. Wet them in a mixture of beaten egg, milk, pepper and salt and grated onion. Then fry them, well separated, in lard or bacon fat or drop them singly into deep fat.

BREAD SIPPETS

Bread cut in cubes, salted, peppered and either baked in the oven or fried.

PANCAKE

Made thick with chopped fried onions and/or cheese and chopped when cold. For this and similar use of fried onions, I pound them in a mortar or sieve them.

SOUP GARNISHINGS *contd.*

SLICED ROLLS

Salted, peppered and dried or browned on a cake-stand in the oven. Serve with the soup, not in it.



II. The Face that Launched a Thousand Chips
(after Innkeeping)

III. PanCleaner. Vegetable Chopping Board

FISH



BAKED

Turn the floured fillets about in a hot frying pan with butter for a minute or so.

(1) Put them in flat dish with rich white sauce flavoured with anchovy sauce, finely rubbed herbs, grated onions or garlic ; (slice the bit of garlic, boil for a minute or two in a drop of milk or water, strain and use the milk in the sauce). Bake and baste if necessary. For sauces, p. 17.

(2) Put the fillets, so tossed in frying pan, into a dish and put amongst them and on them a sort of very wet stuffing made with fresh breadcrumbs, lemon grating, butter, salt and pepper, chopped onion and fish stock (made from the bones, etc.) and cream. Bake and brown.

BROWN STEW

Best with firm fish, such as filleted mackerel, John Dory, gudgeon, turbot. Make a rich fish stock. Brown some flour slightly in a frying pan, turning it about with a flat-ended fish slice. Melt butter into it and boil the stock with it, stirring to a thick sauce. A little Oxo, or the like, improves the colour. Add finely ground herbs, chopped fried onions, lemon gratings, a touch of curry powder, sugar, pepper and salt, and wine or sherry. Pour the hot sauce over the fish and, if you like, bake for a minute or two.

COD'S ROE

Instead of the dry and characterless fritter. Boil and get the roe away from the skin. Mix with a kipper or smoked haddock sauce (p. 19), flatten in a dish, cover with a slip of batter to keep the moisture from evaporating, and bake.



FISH contd.

COLD FISH

Broken up and put onto chopped and salted lettuce leaves with a thin sauce, instead of mayonnaise, dropped over it and made thus :

- (i) Boil bones, head and skin of the fish and any extra to be had of the fishmonger (big salmon heads are sometimes too oily in taste) in milk with onion, butter, salt and pepper, and a touch, perhaps, of vinegar. Colour pink with paprika or beetroot juice. If, when cold, it is strong enough to jelly mince with a fork and mix up with the fish, or if not
- (ii) Thicken ever so little with cornflour or warm cream and butter. Get it cold and drop it about over the fish.
- (iii) Cook a cucumber, not a bitter one, skin and all, with a little strong fish stock or water in a closed pot. Pound or rub through a sieve, melt in gelatine, if only water be used, butter, salt, pepper and ever so little vinegar. When cold, mince with a fork and scatter in and over the fish. Garnish with the usual hard-boiled egg and parsley.

CRAB

If the fishmonger doesn't do it for you, mix the interior of the crab and claws together (avoiding the grey poisonous, sic, hairy things) with pepper and salt, a spot of vinegar, a scrape of onion juice, a very little fine grated cheese and chopped egg. Crush small with the chopper the shells and legs and poke them about vigorously in a pan over the fire with milk and fish stock. Shake out every drop of the precious juice in a collander and then again in a fine strainer, and slightly thicken it to a sauce with butter and cornflour and cream, if available ; and when it is cold stir it into the crab stuff, which, if necessary, can be stretched with steamed whiting or fresh haddock. If eaten hot, serve it neat or mixed with rice on fried bread, or, if cold, chop lettuce heart fine and scatter the crab onto it, and if there be any sauce left liquefy it a bit with

cream or fish stock (the juice left by the steamed fish, for instance), colour it with paprika and pour it over. Grate yolk of egg over the top, or parsley.

FISH CAKES

All this because fish cakes, unless made with salmon (not forgetting tinned salmon), are generally such dull things. Whenever possible fillet, skin and bone the fish before putting it into milk or, better, stock made from heads and bones from the monger, to cover it. I don't boil the fish but merely let it stand very hot long enough for it to cook through. Before the fish is quite ready put in a kipper which, in a minute or two, should be cooked enough for removing skin and bones. I find that if you bake cod fish whole, just as it is, without basting it, it comes out juicier and less stringy than when boiled, adding the juice it makes to the sauce.

For a *sauce*, empty the fish into a collander, put into the stock the refuse of the kipper and the fish (and any other to be had from the fishmonger) and sliced garlic or onion, pepper and salt, and simmer till all is blended together. Press through a sieve and thicken with flour and butter, salt and pepper.

Rub small the fish with some of the kipper meat and mix with mashed potato adding some of the fish sauce and more pepper and salt for the potato. Roll the fish cakes when cold. Let them be moist, even if they be difficult to keep neat. Fry in batter, or egg and breadcrumb, and/ or fine oatmeal.

If the fish cakes are for breakfast only, perhaps some would prefer to have the garlic or onion omitted. But if for dinner, serve the sauce with them into which has been rubbed the rest of the kipper. Let the sauce be runny rather than thick.

A dab of apple or tomato chutney (p. 60) or strip of Danish cucumber on the top of each fish cake gives it a little kick. I have often made fish cakes without any fish save for an extra generous kipper-and-onion sauce mixed with the potato.

FISH contd.

For the sake of brightness and additional sensation use garnishings (p. 33).

See also sardine balls (p. 16).

FISH CUSTARD

Flour the fillets, preferably of not a sloppy fish, and just turn them about in a hot pan with butter or bacon fat. Butter a baking pan or fireproof dish, and lay the fillets in. Cover with a custard made with milk in which bones, onion and bayleaf have been boiled (if garlic is used boil it separately in a little milk), egg, salt and pepper. Bake in a slow oven or it goes watery. Salmon is wonderful this way, hot or cold.

KIPPER OR HADDOCK PATTIES

Boil enough milk or water and milk to almost cover the fish. Put in the fish and let it stand hot, turning it over once, for a few minutes when the skin and bones should be easy to take off and the flesh still juicy, even half raw. Simmer the milk with the refuse of the fish, onions or sliced garlic (do not respect the English prejudice against garlic; none of mine has ever "come back"), pepper and salt if necessary. Strain it and make of it a thick buttery sauce. Then stir in boiled rice enough to make it stiff and put it into short pastry buckets, or onto hot buttered toast or fried breads. Especially when pastry is used, keep back some sauce to pour over. Sometimes I mix curry with this top sauce but not enough to let the flavour be obvious.

KIPPER RAREBIT

Put the kipper in milk and warm up gradually. It shouldn't boil or even get near it. In five minutes or so the skins and bones can easily be taken off. Put these remains back into the milk and boil with thin slices of garlic, strain and thicken with flour and as much butter as you like. Throw in grated cheese and the squashed up meat of the kipper and melt

gradually. Colour with paprika. Chopped hard-boiled egg is a good addition. Pour on to fried bread, very hot. I like this delicate yet stimulating dish best of all my kipper treatments.

MARINADED

This is a memorable dish. Rub fillets of a hard white fish (e.g. turbot, sole, halibut), with a mixture of oil, lemon grating, grated onion, powdered dried herbs and broken-up bayleaf (important), pepper, salt and vinegar. Rub the fish about in this mixture, and let it so stand as long as you can. Roll in flour and batter and fry. For the batter try $\frac{1}{4}$ lb. self-raising flour, and egg, salt and pepper, a dessertspoonful of salad oil and $\frac{3}{4}$ gill of beer or milk.

MUSSELS

One of my favourite peculiarities. I get mussels (Stores, p. 70) in tins from Denmark, great fat mussels as big as native oysters. I don't know what they do with them in Denmark. Keep the liquid.

- (i) Pull off the strings that run round the mussels.
- (ii) Pull out the little black fork-rooted tongues and
- (iii) the round cartilages.
- (iv) Mince with sharp knife what remains, black, yellow, and green together. (I once tried putting them through a sieve and they became like india-rubber.)
- (v) Thicken the liquid slightly with cornflour and fish stock, or milk, in which a spot of garlic has been boiled, or chopped, fried or boiled onion, and butter, cream, and a mere touch of vinegar, pepper and salt.
- (vi.) Mix into this sauce the chopped mussels and you have a lovely rich green thing for :
 - (a) Scollop shells (I got a lot of fine big shells for this purpose on Pendine Sands) or pastry buckets or fried breads. Rice

FISH *contd.*

can be added to give it substance. Sprinkle with grated egg or breadcrumbs, hot, crisped anew with butter in a pan.

(b) Omelettes.

(c) Sauce for fish.

PANCAKES OR OMELETTES

(i) Fill these with a *kipper* or *baddock* sauce made as in kipper patties above. Sprinkle over the folded pancake hot raspings just re-browned in a pan with butter. Or fill them with *sardines* or *pilchards*, which you mix into the eggs, or egg powder, with grated onion, pepper and salt. It wants a tin of pilchards to give character to omelettes for eight.

(ii) Danish Mussels, above.

PIE

When there's no time for making fish cakes as above, make the fish more sloppy with fish sauce. Pour it into a dish or baking tin. Sprinkle with raspings and cheese grating and flatten down. Put bits of butter on it, and brown in the oven, or cover with pastry, (our Janet uses $\frac{1}{2}$ mashed potato to make it short); or, if covered with mashed potato, carefully flatten and smooth the top, and sprinkle with raspings and bits of butter, or run over it a slip of egg or egg powder and milk and raspings which prevents evaporation.

PATTIES

- Broken-up fish and kipper mixed with sauce (Fish Cakes, above) in big shells, pastry buckets or other receptacle. When serving, sprinkle over them very hot raspings that have just been re-browned with butter in a frying pan.

RAVIOLI

Made with salmon, or kipper, or sardines (Ravioli, p. 29), and an appropriate, i.e. strong, fish sauce, q.v.

RISOTTO

This makes an edible kedgereee, made on the lines of risotto (p. 30), using onions, rich fish and smoked haddock stock, and cheese. A good and quick improvisation is tinned fish, salmon, herring, pilchards, mashed up with fried onions and some cheese and mixed with rice, butter and, if there is no fish stock or sauce available, meat stock, gravy or water, and baked in a dish with coarse raspings and bits of butter.

SALMON OR HADDOCK MOULD

Beat 1 lb. cooked salmon in mortar. Cook in double saucepan, $\frac{1}{2}$ pint milk, dessertspoon flour, two yolks of eggs, $\frac{3}{4}$ oz. butter, $\frac{1}{2}$ oz. sugar, salt, mustard, cayenne pepper, till it thickens, then stir in a spot of vinegar and two leaves of gelatine already dissolved in as little milk as possible. Mix in the pounded salmon. Dry breadcrumbs can be added. Pour into mould. Eat cold. Garnish with apple slices.

SALMON PATTIES

Boil the salmon and, having taken away the bones, skin and head, stew them (with any other fish refuse that the monger will give you) and some onion. Make a pink buttery sauce with the stock by adding paprika or beetroot juice. Break up the salmon and stir it into the sauce. Warm up and put them into pastry patties, or flat squares, or little heaps on rice, with, if necessary, some saved sauce (with cream added) dropped on top, and parsley or raspings refried in butter.

SALMON COULIBRAC

Partly Russian Coulibrac.

Cut salmon, raw, into big dice. Fry onions in butter, add mushrooms, then the salmon for the last minute or so. Let it cool. Add sliced hard-boiled eggs, fennel, pepper, salt, parsley, chopped cucumber and lemon grating. Spread the

FISH contd.

bottom of baking dish or tin with paste (1 lb. self-raising flour, $\frac{1}{4}$ lb. butter, $\frac{1}{4}$ lb. lard), put in the mixture, cover and bake. Before serving pour melted butter into holes in the top.

SALMON PIE

Line a dish with pastry and put into it a layer of shredded cold salmon mixed with plenty of fish sauce, made with the bones, etc., preferably shrimp (p. 20). Then a layer of shredded salmon, sauce, mixed with breadcrumbs, dried thyme rubbed to a dust in the hands, pepper, salt, and a pinch of sugar, this also as sloppy as you like. Cover with pastry and bake. Eat hot or cold with the same sauce. A spot of potato, chopped prunes, tomato and onion salad at the side of the plate helps. (Salad mixture, p. 63.)

SARDINE POTATO

Using hot mashed potato into which melt some butter and milk and egg powder (dissolved), or whipped eggs. Make it sloppy. It is best to be generous with the sardines, or, at worst, to increase their mild flavour add anchovy sauce. Then bake covered with raspings and/or batter.

SARDINE BALLS

The same material as either of the above made into balls, as juicy as ever possible to manipulate, dropped into thick batter and breadcrumbs and fried. A dollop of spinach or some other distraction goes with these (Garnishings, p. 33).

SARDINE BATTER

One of Janet de la Cour's ideas which we have perfected as follows. Put the oil of the sardines into a baking tin, adding dripping if there be not enough oil. When it is very hot pour in a pint of batter into which there has been mixed plenty of crushed sardines, grated cheese, cayenne pepper, salt and a very little vinegar and sugar. Bake well. To prevent the

FISH contd.

batter sticking, put skewers underneath or hang the tin on the ledges. It is better crisp, and overdone rather than underdone. A sauce is useful, especially if it comes out dry; a cheese or fish sauce or, say, vinegar i and ii (p. 24). Garnish with something sharp, e.g. chutney or Danish cucumber, or serve a salad with it. Left over and fried in fingers it makes a good fish garnish.

SAUCES

Anchovies

1. Danish bayleaf anchovies (Stores, p. 70) melted into fish stock or milk with sieved fried onions, cream, pepper and slightly thickened with cornflour and butter. Colour with paprika.

Asparagus

2. Tinned. Keep the juice. Pull away the edible part. Make a cream with only a little cornflour and milk, plenty of butter, pepper and salt. Pour in the asparagus water into which the asparagus handles have been squeezed, and boil till thick, then add the edible, broken or mashed up.

Cheese

3. Grated cheese melted into white sauce in double saucepan or on a low direct heat. Add mustard, salt, pepper, a touch of vinegar and onion grating, and colour with paprika.

Crab

4. See crab, above (p. 10).

Chutney and Bananas

5. Chopped chutney and sliced bananas (the woolly stuff first scraped off), mixed or separate, laid in a trail down the fillets, which would be best lightly baked, or steamed, in white wine.

Cucumber

6. Bake the cucumber, skin and all, with a drop of water in covered casserole. Pound and sieve and make a buttery

FISH contd.

white sauce with it, adding cream, salt, pepper and, perhaps, just a touch of vinegar. A pretty pale green.

Curry

7. With curry sauce, white or brown, put mashed chutney and sieved fried onions. If no chutney, I, improperly, use sugar.

Gooseberry

8. I got this novelty from Ambrose Heath's fine book, *Good Food on the Aga*, viz. Cook mackerel in water or wine with vinegar. Drain, skin them and pour over them gooseberry fool.

Herbs

9. Pound in mortar mixed herbs, then fried onions and tomatoes and add white or brown sauce. Sherry or any wine improves.

Herring Roes

10. I have done this sometimes, avoiding the roes in boxes, preserved, I imagine, chemically. It is a creamy, rather characterless, sauce, but often to the purpose.

(a) Simmer them in milk with pepper and salt and a scraping of onion. When cooked push through a sieve and mix into a buttery sauce, made, if possible, with fish stock thickened. A little whipped cream goes a long way here, as always in cooking.

(b) Melt butter in a flat dish, put in the roes. Pepper and salt them and sprinkle with cheese and raspings. Bake a little and lay along the fish.

Italian

11. (M. Clouet, 1759, Duke of Newcastle's chef.) Fish stock, wine, butter, lemon juice, anchovies, minced capers, grated onion, parsley, pepper (and salt) all simmered together. I add a pinch of sugar and thicken with yolk of egg stirred in double saucepan.

FISH contd.

Kipper

12. Simmer for a minute or two. Take off the flesh. Simmer up the remains with milk, onion and pepper. Strain and thicken with flour and butter and stir in the crushed meat. If garlic be used instead of onion, slice it, boil in the milk and strain.

Mixed

13. If there be remains of sauces and no time to make one, many of these will mix admirably. By accident I once put onion sauce onto rhubarb tart. I found it "interesting", to use the wine pundit's term, but, to use another, perhaps a little too "talkative".

Mussels

14. See p. 13 for a sumptuous sauce of a lovely green colour.

Mushroom

15. Peel them. Boil the peelings and chopped stalks in milk and water. Slice the eatable part and simmer in the milk drained from the above. Mix flour or cornflour and some of the milk gone tepid into a smooth cream, pour in the rest of the milk and the sliced mushrooms with butter and thicken over the fire. It will take plenty of pepper and not much salt.

Mustard

16. Fry chopped onions in butter or bacon fat and when almost done add flour and stir in preferably fish stock and vinegar, tarragon or malt, and sugar. When thickened, take off and stir in the mustard.

Parsley

17. For better green colour and taste pound it in a mortar.

Sherry

18. See "Tails" or Lobster (p. 20).

FISH contd.

Shrimp

19. If the shrimps are too salt wash them in water first. Sometimes the shrimps have a smell of soda which I imagine is due to some kind of preservative, but it seems to disappear in cooking. Pound the shrimps in a mortar, or mince them, mix well in warm milk, sieve it and squeeze dry the remains, mixed with more milk, with the hands over the sieve. Boil chopped onion in milk, mix in the shrimp liquor and thicken with flour and (plenty) butter and cream and pepper.

Spinach

20. Sieve fine into white sauce, plenty of pepper (out of a hand mill).

Violet

21. For a striking colour with delicate flavour, see page 5.

Vinegar

22. Boil in vinegar for ten minutes chopped onions, better half-fried first, herbs and bayleaf. Thicken the vinegar with cornflour and butter, add water if it gets too thick. Oxo, pepper, salt and sugar.

SOUFFLÉ

Pound up all kinds of fish along with smoked haddock to give it character (unless there be salmon in it) and mix it into a buttery white sauce made with milk that has boiled fish and haddock remains with onion or garlic, pepper and salt, paprika to colour, and some bread crumbs. At the last mix in yolk of egg and just before putting in to bake stir in gently well whipped white of egg. Put in a flat tin with raspings and bits of butter on top, and stand the tin on skewers or in a dish with water at the bottom.

“TAILS” OR LOBSTER

The huge shelled Canadian crayfish, that look, and are, rather cheap, make a delicate, to me preferable, substitute for lobster

done in sherry. Make a buttery and thin cornflour sauce with fish stock made with milk and onion or garlic, or, instead, thicken the stock with egg stirred in over low fire or in double saucepan. When cooler stir in sherry, pepper and salt and a pinch of sugar. Slice or chop up the "tails" and mix them into the sauce. Keep hot in double saucepan, but not so hot as to curdle. Pour into big shells or onto some kind of plinth, e.g. fried breads, and sprinkle with raspings hot out of the frying pan in which they have been re-fried. Do the same with lobster though, having extracted the meat, crush the shells with chopper and stir them about a lot in a big pan with milk, then shake out in the collander every drop of the precious juice to put in the sauce. Colour with paprika. Both could be stretched with white fish, e.g. whiting, or rice if the sauce is good.

I find slices of cored and skinned apple make a desirable garnish to most fish dishes.

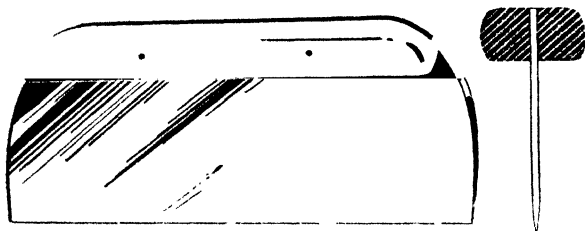


Fig. 2. Flan cutter

ENTREES



BROAD BEANS AU GRATIN

These, roughly bruised, with a thick rich cheese sauce, cayenne and a lot of chopped boiled onions mixed in, well covered with raspings and bits of butter and browned in the oven, is an unforgettable dish.

CAULIFLOWER AU GRATIN

Fried onions improve it.

CELERY

Boil and chop the celery. In a round bowl with a mushroom grind egg powder into a rich white sauce, stir in the celery, some grated cheese, pepper and salt and bake slowly. (Meat such as chopped spam, chicken, or other, could be added.) Serve with a thick sprinkling of raspings, with salt, fried hot in butter or bacon fat.

CHEESE RICE

- i. Cook first ground rice fairly solid in milk and chopped onion. Then stir in grated cheese, butter, pepper and salt, and dissolve slowly. Pour into a dish, cover with raspings and brown. If you make it very dry a cheese sauce is wanted for serving it with.
- ii. In soufflé form mix in the yolks of eggs and then just stir in the whites well whipped and bake, or,
- iii. Slowly melt plenty of coarse grated cheese and cayenne pepper into a rich sauce with much fried onions, put through a sieve. Mix with boiled rice and serve it on fried breads or sippets of well re-baked Yorkshire pudding: with cheese sauce over it if not sloppy enough, or
- iv. by making the cheese and rice mixture dry enough to roll into balls, drop into batter and raspings and fry. Serve with cheese sauce, or,

ENTRÉES *contd.*

v. An idea of Janet's is to slice a cold cheese and rice pudding and fry it in egg and breadcrumbs. It wants a fairly sharp sauce, e.g. chopped onions boiled in vinegar, cayenne pepper, sugar, butter, salt and cornflour.

EGGS

Some suggestions for stimulation by brilliant colour and succulent flavour. Eggs baked in little pots, or poached, or boiled and shelled when hot on buttered toast, fried bread, rice, mashed or fried mashed potato, green beans, mashed artichoke, spaghetti, and so on, with the following buttery sauces poured generously over. Then decorate, according to the colour and kind of the sauce, with grated yolks, parsley, grated boiled beetroot, hot fried raspings, fried onions, black pudding sliced and slightly baked in oven, with some of the fat chunks picked out.

EGG SAUCES

Anchovy

1. See p. 17.

Asparagus

2. See p. 17.

Beetroot

3. Fine grated with cream, sugar, vinegar, pepper and salt. If there be no cream, a little buttery milk and cornflour thickening.

Cheese

4. See p. 17.

Haddock

5. See p. 19 (*Kipper*).

Kipper

6. See p. 19.

Mushroom

7. See p. 19.

ENTRÉES contd.

Purée or Pâté de Foies

8. See pp. 38 and 71.

Red Wine

9. Boil garlic, or if preferred, onion in red wine, pepper and salt, with a pinch of sugar. Thicken it with butter and cornflour or with egg in double saucepan. Sprinkle with hot fried raspings or grated yolks.

Salmon

10.

Sardine

11. Mash sardines (minus most of the oil) with grated onion, chutney, cayenne pepper and a touch of salt. Make it runny with gravy, or fish stock, if any, and mix in boiled rice to make it stiff enough to cover the egg.

Spinach

12. See p. 20.

Tomato

13. See p. 38.

Vinegar

14. (i) Boil vinegar, water and chopped onions for ten minutes. Push it through a sieve. Thicken with flour, butter, pepper, salt, pounded capers and sugar.

(ii) Or instead of capers flavour with bay leaves boiled in the vinegar first and taken out. Colour with paprika.

MACARONI CHEESE

Add chopped raw onions.

MUSHROOM EGGS

A recipe given me by Harry Atkins, machine tool inventor and moral idealist.

Hard boil eggs. Cut in halves, pound the yolks and mix

into finely chopped and butter-stewed mushrooms (I add milk or cream to the stewing), salt and pepper, and drop into and over the half whites standing on fried breads. (Forced mushrooms are not inferior to the outdoor.) I find that the button mushrooms will spread out if kept in a carton or paper, even for a week or two. Those that you get in shops are often half dried.

OMELETTES

Use a thick pan. If gas fire, a French wrought-iron pan. Get it almost hot enough to cook an omelette with its own heat, but not so hot that it frizzles at the edge when it goes in. Break eggs into bowl (dried eggs and milk mixed with a "mushroom" in a round bottomed bowl are as good), add little bits of butter and whipped cream, for even a teaspoon of this makes a mighty difference, salt and pepper and just a drop or two of milk if no cream. Whisk it for ten seconds or less. Quickly melt a bit of butter in the hot pan and throw in the eggs. Take up at once a square-ended fish slice (with which you would also lift it out) and jab the mixture about so that it all heats together. When the thing is firm enough to lift at the edges, do so in three or four places and tilt the pan a little to let the uncooked juice run in, thus quickening the process. Unless the filling be already mixed into the egg have it hot and spread quickly whilst the omelette is still wet on top. Take two square-ended fish slices and roll the omelette over towards and from you, cut, if needed, and lift out. Scatter over the top some hot breadcrumbs refreshed in frying pan with butter, or, sometimes, a sauce of the same kind as the filling poured over it makes it more succulent.

OMELETTE FILLINGS

To spread onto the omelette before folding or to mix with the eggs just as seems best or most convenient :—

ENTRÉES *contd.*

Asparagus

1. See Fish sauces, p. 17, or neat.
2. Chopped up with fried onions and mustard.

Bacon and Fried Sippets

3. —

Beetroot

4. —

Black Pudding

5. Fry, very slightly, in slices. Take off the skins and, unless liked, cut out the fat and chop the rest with chopped bacon.

Cauliflower

6. —

Cheese

7. Cheese and grated onion added to the eggs.

Chicken

8. Chopped in rich white sauce, pepper and salt with tomato or *pâté de foie*, chopped bacon and parsley.

Chicken Livers or Kidneys

9. Slice off the bitter yellow-green gall stains. Boil or fry in butter for only a minute or so. Chop and mix into white or brown sauce flavoured with tomato or sherry.

Fines Herbes

10. My own way is the best. I grind in a mortar a lot of parsley. I fry onions in bacon fat or butter, and grind these into the parsley. Having reduced them to a thick green stuff I mix in a little hot cream or milk and whip it into each omelette mixture. The resulting omelette is of a lovely yellow green colour and tastes.

ENTRÉES *contd.*

Green Peas

11. —

Haddock

Kipper

12. Best filleted raw, chopped and cooked with the omelette.

Ham

13. —

Mushroom

14. See Sauces, p. 19.

Mussel

15. See Fish Sauces (p. 13), a remarkable delicacy.

Onion

16. Raw chopped fine, or fried and chopped, sieved or pounded.

Pâté de Foie

17. Either the real thing or purée (Stores, p. 70) dissolved in rich white sauce, with some chopped chicken, warmed and spread over the omelette before rolling over.

Pilchards

Sardines

18. Crush up the sardines (minus part of the oil), or pilchards. Boil a bit of sliced garlic in milk, strain and make a buttery sauce with it. Grate some cheese into it, pepper and salt, mix in the fish and spread on warm.

Potatoes and Fried Onions

19. Or instead of fried onions, very finely chopped spring onions.

Layered, two kinds

20. Make two plain omelettes; spread with one kind of filling and lay the other over it and spread that with another kind.

ENTRÉES *contd.*

Salmon or other Fish

21. Break up the fish and mix with butter, pepper and salt, or with one of the fish sauces (p. 17).

Spinach

22. Just spinach and butter or cream, pepper and salt.

Tomato

23. Burst the tomatoes, heat up and crush with butter, pepper and salt. Sieve and pepper in just a little flour or cornflour (and cream) and thicken mildly. Or better still add grated cheese and chopped onion and anything else that is going. Pour the lot into the egg mixture and, if cold, cook slower than a plain egg omelette.

PANCAKES

For batter, a small cup of self-raising flour, salt, an egg, or two, and $\frac{1}{2}$ cup of milk, some cream is a great improvement, and pepper. For method of making, see sweet pancakes (p. 49). Scatter hot over the pancake raspings re-fried in butter.

FILLINGS

See those for omelettes (p. 25), whilst a pancake seems to want a little extra hot sauce poured along it when serving, and a drop or two of whipped cream exalts it.

POTATO CAKES

Mix with mashed potatoes, milk, pepper and salt, a lot of fried onions, chopped liver, bacon, chicken or Spam, butter and some grated cheese. Roll into balls and fry in egg and breadcrumbs. For a sauce, melt cheese gratings into white sauce with pepper, salt and a dash of sugar and vinegar and colour it beautifully with the juice of pounded or grated beetroot and at the last moment sprinkle with chopped parsley.

ENTRÉES *contd.*

POTATO CHEESE

I did this very delicious thing first as a tribute to Lord Woolton, though it's as good for peace as war. Mash potatoes and keep them hot. Fry a lot of onions and pound or sieve them into butter and milk or thin hot buttery white sauce and melt into it, over a low heat, a lot of coarse grated cheese, cayenne, pepper and salt. Whilst the cheese is stirring and slowly melting, mix (in a round bottomed bowl with a mushroom) a batter of egg powder, flour and milk. Put some of this into the potato mixture as well as the sauce. Empty the lot into a buttered baking tin, flatten and smooth with a square-ended fish-slice and pour over the top the rest of the batter made thinner with more milk and melted butter and cover with raspings. This keeps the potato from drying. Grated beetroot, vinegar, sugar and pepper should go with this. What is not eaten makes good potato balls.

RAVIOLI

For baking, ordinary pastry will do, but for boiling, the following is best and rather troublesome. Make noodle paste of three beaten egg yolks, three half egg shells of milk, teaspoon of butter, salt, ten ounces of flour. If gradually mixed and properly kneaded, the dough shouldn't stick to the board, nor should it split or go into holes when rolled out thin. Hang out the two or three sheets over a rail till half dry. Roll out flat again. Have ready the filling made or any sort of very strong tasting stuff such as pounded ham, bacon, game, kipper, sardines, kidneys, livers, made tastier with chopped fried onions, moistened with sauce or gravy in which garlic has been boiled, cayenne pepper, salt and butter. It should be able to stand up in little heaps, $1\frac{1}{2}$ inches apart, in rows along a strip of paste. Run a wet pastry brush between the heaps, never missing anywhere. Cover the lot with another strip damped all over, and press

ENTRÉES *contd.*

well with the fingers or a pencil all between the rows. Then cut with pastry wheel and leave them to stand a bit to dry. Either bake or drop into boiling salted water and cook either in oven or on top for fifteen minutes. Do not let the water race or it may break up the ravioli. Ravioli can also be fried in deep fat, but, if this, the edges must be more than ordinarily well closed. When serving, pour over, covering every part, a strong sauce, Cumberland, for instance (p. 36), or thickened gravy from a hare, kidney or liver stew, adding to it any kind of wine.

RISOTTO

I'll try to show how I, at least, make it.

1. Fry chopped onions in butter till soft and put them on a plate. There will be other plates for the rest of the ingredients. The big sized spring onion thinnings, chopped fine with most of the green, plenty of it, stewed rather than fried, are delicious and sweet.
2. Turn about in a pan with butter the livers and kidneys of chicken, turkey, hare, rabbit, pig or calf, chop them up and put them on another plate.
3. Chop chicken, rabbit, hare, veal, spam, or the like.
4. Fry, not crisp, and chop some bacon.
5. Grate cheese (in the broad slots).
6. Have butter, pepper and salt ready.
7. And some hot juice, either stock, plain gravy, clear soup, Oxo, or gravy from braised beef, jugged hare or stewed rabbit and wine, if available.
8. Boil rice in plenty of water, hot or cold, and salted. Stir now and then with iron spoon or square-ended fish slice, trying it till it be neither soft nor hard. Pour off the water, fill up with cold water and stir from the bottom, pour off two such cold washings and strain in collander. Put rice back in pan and warm up slowly in the oven.

ENTRÉES *contd.*

9. When ready to serve throw in all the ingredients and some of the hot juice. Mix over low heat, with iron spoon so as to bruise the rice as little as possible. It should be neither dry nor runny, just sticky, due partly to the cheese. If, when you help it, it seems too dry, mix into it some of the remaining hot juice, and on top of each helping put fine grated cheese to camouflage a rather sloppy mess. It should be served as hot as its cousin Haggis.

RED CABBAGE AU GRATIN

Either boil or steam the red cabbage (cut in four and cored) in the oven, with as little water as possible, and not so long as to lose its crispness. Keep the water, chop the cabbage on the board (Plate III) and then chop up the uncooked waste leaves and boil them in the same water so as to intensify its colour. Use this water along with milk and butter and flour for making a sauce. Sieve into the sauce a lot of chopped boiled or fried onions, chopped fried bacon and coarsely grated cheese, cayenne, butter, pepper and salt. Mix the sauce into the chopped cabbage, flatten into a pan, cover with batter or raspings and bits of butter and finely grated cheese and bake.

SEMOLINA CHEESE

To prevent semolina going into lumps, sprinkle it on to the milk whilst whisking it in as you would treat dried milk. When cooked, made fairly thick, but not at all stiff, stir in a lot of cheese, cayenne pepper, salt and a lot of chopped onions. A dash of vinegar helps. Cover with raspings and brown. Serve very hot with a well-flavoured salad at the side.

SPAGHETTI

- (a) Treat it as rice in Risotto, above, or
- (b) with rich cheese sauce, fried onions and tomatoes, baked in a dish with raspings.

ENTRÉES *contd.*

SWEET CORN

Tinned. Mix in some melted butter, egg, pepper and salt, and pour into a buttered dish and cover with raspings, cheese and bits of butter. It takes a long time to bake and brown.

VEGETABLE DOLLOPS

Any cooked vegetables mashed together with a mushroom in a saucepan—the best are swedes, turnips, celeriac, carrots and peas with finely chopped beetroot—into which is mixed grated cheese, butter, pepper and salt and grated onion. Roll them into balls and fry in seasoned batter and raspings. Serve with the vinegar sauce above.

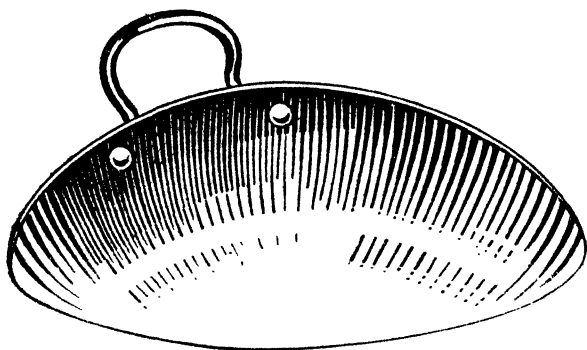


Fig. 3. Sieve scraper, $4\frac{1}{2}$ inches

GARNISHINGS

These things make the plate look pretty and amusing, give a variety of palate sensations and can sometimes carry off a dull dish.

Anchovies

1. Danish bayleaf-flavour (p. 70). Better with red meat.

Beetroot

2. Shredded or grated boiled beet mixed with pepper, salt, sugar, and vinegar ; cream, whipped or plain, if there is any about, or even a drop of milk enhances the colour.

Black Pudding

3. Sliced and heated through in the oven ; the bigger lumps of fat cut out, if not liked.

Bacon Rolls

4. With chutney smeared on before rolling.

Cheese Beignets

5. —

Cheese Straws

6. —

Cucumber

7. Peeled or unpeeled, cut up and boiled. Taste it before cooking lest it be a bitter one.

Danish Cucumber

8. This sharp, pickled cucumber, flavoured with dill, I am told the Danes eat all day long. Put thin strips at the side of the plate or across the meat. It lasts a long time if turned out of the tin into a basin. (Stores, p. 70.)

GARNISHINGS contd.

Dried Beans

Dried Peas

9. Having soaked twenty-four hours and boiled them, drain and sieve with fried onions added, then stir in melted butter, mint, pepper, salt, a touch of sugar and vinegar. When cold, roll into balls or croquettes and fry in egg and bread-crumbs.

Frankfurt Sausage

10. (See Stores, p. 70.) Get them hot but don't boil. For ornaments cut them in halves.

French Beans

11. Chopped with salt, pepper and butter or cream.

Okra

12. Or Lady's Fingers. This aubergine or gooseberry-tasting little vegetable can be had fairly easily now in tins.

Plums

Goosegogs

13. If fresh they are best not boiled, but cooked in double saucepan with sugar or, after pouring hot water over them, letting them stay in lower (Aga) oven for a long time.

Prunes

14. Either plain stewed—or stoned and rolled about in vinegar diluted a little in the prune water.

Ravioli

15. See p. 29, baked.

Salad

16. Chopped onion, tomato, cucumber, potato, radish, cooked runner beans, cauliflower, apple, pear, beetroot, cold omelette or hard boiled egg, any or all of these in salad mixture (p. 63).

GARNISHINGS *contd.*

Spinach

17. —

Vegetable Dollops

18. All sorts of cooked vegetables (especially carrots, celeriac, chopped celery and sprouts) mashed in a bowl or mortar with the mushroom. Add melted butter, pepper, salt and grated cheese and fine sliced and chopped beetroot, made into dollops and fried in batter. No separate vegetable is needed with this ornament.

Violet Potatoes

19. Amongst the hundreds of species of potatoes, indigenous from Mexico southwards, of every shape and colour there is the deep Parma violet, "Congo", which when mashed at the side of a yellow omelette with black mushroom sauce (made with water and not milk) and a slice or two of beetroot (magenta and white) in vinegar and sugar makes an inviting polychrome. I am indebted to Darby Haddon for introducing this potato to me.

CHICKEN, GAME, RABBIT, ETC.



“Roast” (i.e. baked) chicken or pheasant with proper bread sauce is best. But as it is the most usual thing in Hotels and homes, it is hospitality to vary it. So, boil the fowl, young or old (if the latter, which one has been compelled to use during the war, bring it to the boil and leave it in the Aga bottom oven for several hours). Pull it to bits and put it into one of the following sauces or chop it with bacon or tongue or the liver, salt and pepper, and mix with one of these sauces and serve on some form of (1) potato, (2) rice boiled with salt, (3) buttered toast or fried bread, (4) pastry. (5) green beans, (6) spaghetti, (7) sweet corn, (8) a very white cabbage, buttery or creamy, or (9) roll it chopped in pancakes, not forgetting the garnishings on page 33.

Artichoke

1. For rabbit, veal, or boiling fowl. I find it saves time and artichoke to boil them in their skins and, when cool, squeeze out the meat. Crush it with a “mushroom” in a round-bottomed bowl, or sieve it and stir into a gravy or milk. Put the meat into the sauce and keep hot, and serve on potatoes, spaghetti, pastry, fried breads or other plinth.

Asparagus

2. Page 17.

Cumberland

3. Sumptuous with orange character. The base is flour, browned in a frying pan to which is added water, butter, fried onions and tomato. When made, finely grate orange (keeping to the one patch of the grater), and stir a drop of water into the grating so as to break it up. Put this and the juice into the sauce with some dark jelly, black currant pre-

CHICKEN, GAME, RABBIT, ETC., contd.

ferred, or damson, or sieved blackberry jam. Add port or red wine. Don't boil once you've put in the orange.

Cyder

4. Boil chopped onions in cyder, pepper and salt, add butter and cornflour and thicken.

Celeriac

5. Similar to artichoke, above.

Curry

6. With the curry powder or paste put into the sauce fried onions and tomatoes and sugar. A good basis is slightly thickened jugged hare juice.

Espagnole

7. The character of which is onion and sherry. Fry onion and thinly sliced carrot in bacon fat or butter, then add tomato. Slightly brown some flour in a dry frying pan, turning it over with a square-ended fish slice, so that it doesn't burn and get bitter. Melt in butter and add gravy, soup, stock, or Oxo and water, sugar, chopped lean bacon and mixed herbs. Stir and then add the fried onion, carrot and tomato, and some water in which sliced garlic has been boiled; keep stirring till it thickens and a bit longer, the longer you can keep it before thickening the better. Sieve the lot and, if it be too thick, add gravy or whatever, and finish off with sherry.

Fawn Sauce

8. Mix Oxo or soya into a buttery white sauce made with plenty of chopped onion boiled in milk, leaving in the onion, or fried onions sieved into the sauce. The Oxo should not be strong enough to prevail. This was Cook Janet's idea which has often filled a gap.

CHICKEN, GAME, RABBIT, ETC., *contd.*

Goat's Cheese

9. Another of the same fawn colour. Grate or slice and melt the Gjetost (Stores, p. 70) into white sauce made with onion boiled in milk, pepper and salt. It has a very delicate flavour.

Hollandaise

10. Buttery white sauce, thinned with white stock and thickened with yolk of egg stirred in when just under the boil. Add lemon juice.

Mushroom

11. Page 19.

Pâté de Foies

12. To make practicable a sauce of pâté de foies and Champagne with pheasant that I once had at a Russian restaurant in Regent's Park with Charles and Clare Neilson, I've used purée and Graves, or Sauterne. It's good. As a substitute for the purée fry slightly chicken's, calf's or rabbit's livers, and pound with butter and a touch of already pounded fried onion, pepper and salt.

Parsley

13. Parsley, capers or mint, I never chop, but pound them in a mortar. It wants less time, less material, and less careful picking leaves from stalks, whilst it gets out the colour and taste (I once told my friend, E. P. Warren, that his expensive cook couldn't even get the taste out of bacon, and he replied, "Personally I prefer it kept in".)

Spinach

14. Page 20.

Tomato

15. Boil vinegar for some minutes with chopped onion, then add crushed tomatoes, Oxo, water, pepper, salt, sugar. Strain and thicken a little with cornflour and butter.

CHICKEN, GAME, RABBIT, ETC., *contd.*

CAIRNS

I call it this because a man of that name staying with us, and too long, used to call aloud to his wife: "Don't touch it, my dear. Here, waiter! Take it away!" It's only pounded chicken and fried bacon with cream or rich white sauce, butter and salt and pepper, and lemon grating, served rather sloppy on buttered toast or any of the other plinths mentioned on page 36. For sauces see above, and garnishings, page 33. Or, if veal and/or rabbit is used, add thyme, and a very little less sage, rubbed to a dust between the palms of the hands, and a little sugar.

CAIRNS BALLS

The same mixture rolled and fried in batter or egg and breadcrumb or fine oatmeal or ground rice or crushed vermicelli, or "Angels' hair"; (if these last, they should be done in deep fat so as not to crush the bristles); or made juicier and rolled in thin pastry and well sealed. Serve with one or two of the sauces and ornaments given above.

DEVILLED

Pieces of cold boiled chicken fried in batter containing mustard and vinegar, red pepper, salt, and a touch of sugar.

HARBORO' PIE

An improvement upon the many recipes of a similar nature. Fry bacon not crisp and chop it and, if available, cut Spam or the like, failing which, tongue, chicken, or liver, or any kind of meat, into little cubes and fry plenty of onions. Slice, not thinly, potatoes, boiled in their skins for preference, and mix into these the meat with quite a lot of juice made with grated cheese melted into any kind of gravy, or Oxo and milk, or soup with the fried onions sieved, mashed or pounded into it, thyme, cayenne and salt. Put into a baking dish,

CHICKEN, GAME, RABBIT, ETC., *contd.*

smooth it down perfectly and run over the top a slip of egg or egg powder, flour and milk which keeps all the juice in. Bake slowly, then brown. A kind patron said of the dish, "Per Woolton ad astra"; so why not localise it to "Per 'arboro' (or arbora) ad astra"?

HARE CROQUETTES

The same treatments as above with the remains of jugged hare, using the juice to mix with it and for a sauce adding, if wanted, more spice, herbs, sugar, fried onions and any kind of wine.

KABEKS

Pronounced, I think, Kabòbs, are roundish bits of raw mutton or lamb, salted and peppered, about $1\frac{1}{2}$ inches across by $\frac{1}{2}$ inch thick, slices of raw gammon and bayleaves stuck in turns on a skewer and grilled. But I find it works well to rub the meat first with bacon fat or beef dripping, then skewer and lay them on a dish and bake, not too long.

KIDNEYS

Halve and skin them. Put the halves, flat side down, on a board and hold down the root part tight with the finger nail and slice the kidney with a sharp knife leaving only the fibre on the board. I always wash them now in cold water. Get butter or bacon fat hot in a pan, flour the kidney and toss it about for a minute or so, if too long it goes hard and shrivels. Have ready some boiling gravy or Oxo and water, pour the lot into it. Add cyder or wine, pepper, fried onions and salt and sugar, bring to the boil and put away in the slow oven till wanted. The longer they stay in the slow oven the more velvety they become. The dish can be stretched and improved by bits of rabbit and their livers and chicken and any other meat put in and warmed just before eating. Serve on rice or fried bread, or make a pasty of it.

CHICKEN, GAME, RABBIT, ETC., *contd.*

MARINADED

Pull into pieces a boiled fowl. Roll about in oil, lemon juice, pepper and salt, and parsley, chopped or pounded, and leave as long as you can. Fry in not too thick batter and serve with chopped parsley sprinkled.

OMELETTE

Beat up eggs, or egg powder, and milk, and mix in chopped chicken, parsley, melted butter or cream, a scraping of onion, pepper and salt, and cook slower than an ordinary omelette unless you warm first the chicken in a drop of milk or sauce. If there be any mushroom sauce or chopped mushrooms, put this in too. It spoils the colour but is worth it.

ROMAN VEAL

I once had in a house in Rome a very rich dish made of slices in layers of raw veal, ham, and cheese with pastry over it. Perhaps a layer of stuffing also would help?

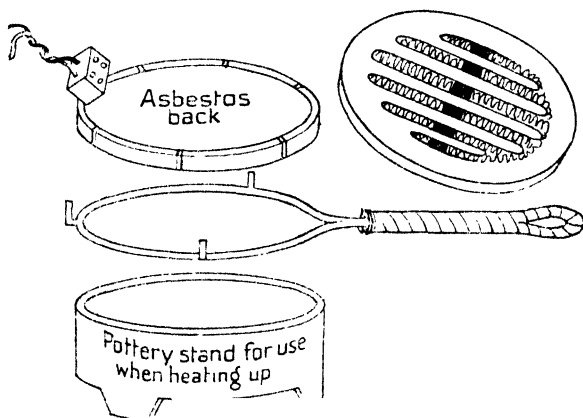


Fig. 4. Salamander (p. 44)

SWEETS

APPLE FOOL

There is nothing that will improve apple fool made from the right kind of apples stewed just long enough in their skins and sieved; indeed Voltaire was kind enough to say when he was a guest of ours in England that the only ripe fruit we had was the strawberry and the stewed apple. But it can be varied by adding heather or Greek honey, or roseleaf jam (Stores, p. 70), or rum and chopped or pounded candied peel, or almond essence, or fresh orange peel boiled soft and pounded. Serve with fingers of sponge cake dried in slow oven and browned.

APPLE FRITTERS

Cut the rounds thick, and when fried put into the oven to bake through. They want a sauce to counteract the batter, say, Greek honey, roseleaf or quince jam mixed in water or apple fool and butter, very hot, poured round, or damson fool with just enough cream or custard to give this bloody fool the finest colour in all cooking.

BATTERED PRUNES

To cook prunes I cover them unsoaked with boiling water and let them stand in the lower (Aga) oven for hours. Keep the juice. Stone and chop the prunes and leave them to stand in rum or sherry. Drain them and mix the drainings with the juice and butter and, hopefully, more rum and sugar, or claret with spice and sugar, and thicken a bit with cornflour. Make a good dry batter and mix it with the chopped prunes, and fry in fritter size as crisp as can be, or get the prunes hot and make little pancakes, putting some prune on each, and when the underneath is cooked put a

little batter over the prunes, fold up and turn over. Serve in fruit saucers with the sauce very hot all round and, failing whipped cream, powdered chocolate or sugar, anything to paint the plainness of a very good dish.

BROWN BREAD PUDDING

Sounds Spartan but is, in fact, a very rich and succulent pudding.

- 3 oz. wholemeal breadcrumbs, or failing that, "brown bread" crumbs
- 4 oz. butter
- 4 oz. sugar
- 2 oz. fine chopped almonds
- 1 egg
- 1 teaspoonful baking powder

Beat all these together and put into a buttered basin. Steam for two hours. When serving pour over it this sauce :

- 1 tablespoonful beaten butter
- 2 tablespoonfuls cream
- 1 tablespoonful sugar melted into cream
- 2 tablespoonfuls (or more) sherry
- 1 beaten egg

Heat the lot in a double saucepan, whisk into a froth and pour over as hot as possible.

CHESTNUTS

Cut in slices or fingers sponge cakes or sponge sandwich and bake slowly on a cake tray in oven till quite dry and just browned. Cover the bottom of a dish with them. Boil in salt water chestnuts. Peel and break them up and soak in boiled sugar and water. Whip some cream, vanilla and sugar. Boil 1 gill water and 2 oz. sugar till it toffees in cold water, pour very thin over a warm buttered dish. When

SWEETS contd.

cold crack it up very small. Just before serving pour the chestnuts and juice onto the sponge rusks, cover with cream, and scatter the splintered toffee on top.

CHOCOLATE MUD

Dissolve in double saucepan $\frac{1}{4}$ lb. vanilla chocolate, and, here I avoid the confectioner's shop effect of neat chocolate by adding a little coffee, the strongest made essence possible. Then gradually work into it four yolks of eggs till smooth. Whip the whites to hard froth and just stir in lightly. Pour into a dish and stand for twelve hours. Serve with cream. This, like most recipes, can be made cheaper: e.g. two eggs and level teaspoonful of gelatine and $\frac{1}{2}$ pint milk.

CHOCOLATE TART

Put a tablespoonful of rice flour and a pinch of salt into a pan with yolks of three eggs (or less, indeed it can be done without eggs) and a little very strong coffee. (In chocolate mixtures I always put very strong coffee as well, so use it here instead of milk.) Mix well and add sugar and cream. Stir till thick in double saucepan, or, if on direct heat, don't let it curdle. Grate chocolate and stir in till melted. Let cool. Spread thick into a short pastry flan or sliced sponge sandwich and make it smooth because now you cover it thickly, equally smoothly with sugar. Hold a salamander over it or put it under the grill till the sugar burns into toffee. Since neither are available here, I have made a handle for an electric element, putting dabs of pyromachos clay in the middle of the wires to stop them sagging when upturned (see Fig. 4, p. 41). It must stand ten minutes to get hot. Chopped prunes and pineapple or rhubarb, mixed with this chocolate-coffee, makes a good filling. (For Flan outfit, pp. 2, 21, 75.)

COFFEE SOUFFLÉ

Three-quarters pint of very strong coffee indeed, $\frac{1}{4}$ pint milk, 3 eggs, $\frac{1}{4}$ packet of gelatine, 5 oz. sugar, a pinch of salt, and vanilla. Put coffee with the milk, half of the sugar and gelatine together, and melt slowly. Beat the yolks with the rest of the sugar and salt and stir into the coffee. Whisk whites of eggs to stiff froth. When coffee mixture thickens, take off the fire and add the whites and vanilla. Pour into a mould or dish and serve with cream.

COFFEE SWEET

Either crumble or slice in two or three, sponge cakes or a sponge sandwich. Soak it throughout with plenty of very strong coffee, essence, in fact, with brandy, sugar and butter melted into it. It is better fairly wet. Cover with whipped cream. In war-time I cover with a sauce made of strong coffee, honey and milk, slightly thickened with cornflour.

CREME OR CUSTARD BRULÉE

If you don't substitute cream with good custard, boil for a minute a pint of cream flavoured with vanilla or other. Pour in 4 yolks of eggs well beaten. Mix them together and beat till thick in double-saucepan or low heat. Pour into fireproof dish. When cold, strew thick and even with sugar and brown with a salamander or under the grill, or if neither is available, see Chocolate tart (p. 44).

CRÊME DE MENTHE JELLY

Six lemons, $\frac{1}{2}$ lb. sugar, 1 oz. (9 leaves) isinglass, 2-3 drops peppermint essence, tot of Crème de Menthe. Squeeze juice of lemons, add three or four grated rinds. Boil the sugar in $\frac{1}{4}$ pint water to a syrup. Pour into basin to cool and strain into it the lemon. Melt isinglass in a pint of water. When cool stir in all the rest. Strain and put into mould. In

SWEETS contd.

order to get a better colour add green concentrated colouring (Boots') which is, of course, perfectly harmless.

FRUIT SALAD

- i. Colour this by adding bilberry, damson, blackcurrant, or raspberry jelly, or sieved jam, or purée with the chopped apples, pears, bananas, figs, strawberries, etc., roseleaf jam, and a tin of some fruit to give the juice, orange juice, lemon grating (not the lemon juice, which kills everything), and so on. Whipped cream can be mixed with it or plastered on the top.
- ii. For a more solid form split a sandwich and spread it thick and wet inside and out, and cream, and toffee splinters (p. 43).
- iii. Chocolate sauce mixed with fruit salad makes a variant, though the colour is spoiled.
- iv. Years ago, I lunched at the Army and Navy Club where I was told that the old gentlemen on payment of 4d. extra were allowed to cut themselves their own tit-bits off the joint, and on the buffet was a huge glass bowl containing curried fruit salad. I didn't try it, but it might be good, including tinned figs.

GRAPE JELLY

For those who have unthinned or out of door grapes like ours (purple-leaved vine) in the yard, this makes a good sweet. Break up the fruit and squeeze dry in a bag. Add sugar, claret (or none), chopped tinned pears and gelatine melted in some of the juice. Stir up when almost set.

HONEYCOMB PUDDING

(From Lady Martineau's admirable *Caviar to Candy*.) I don't know what chemical process brings about the glistening honeycomb in this unique, dark brown pudding, nor why it varies from time to time. Mix half a cup of sugar and half a cup of golden syrup together. Add a teaspoonful of

bicarbonate of soda dissolved in water. Melt half a cup of butter in half a cup of milk, then add four eggs very well beaten. Add to this the sugar and syrup, and then stir in half a cup of flour very gradually. Mix it well and bake for half an hour. To perfect the thing, I dilute Greek or heather honey in water and brandy with a bit of butter to pour over this pudding.

LAETITIA WILLES' JELLY

Laetitia Willes in 1760 used to make this sumptuous jelly at Great House, Burford, where, as Mrs. Waller, she also became ancestress of Oriana Haynes, who gave me this recipe. We had it every Sunday at the Spreadingeagle, Thame, for ten years. The jelly deserves a deliberate rumination, because it is practically all alcohol. It's worth it.

1 bottle of claret, juice and rind of a lemon, a teacup of blackberry or raspberry jelly (if no jelly, dilute jam in the claret and sieve the pips), a teacup of brandy, $\frac{3}{4}$ lb. sugar, 1 oz. of gelatine (eight sheets). Melt the gelatine into the claret, heat all together and put into a mould. Serve with whipped cream, and, tactfully, teaspoons to eat it with. The thing could, of course, be watered down a lot and still make a good jelly.

LEFT-OVER PUDDINGS

Janet de la Cour's idea. Slice a cold chocolate or canary pudding; stand in milk. Fry in batter and serve with plenty of chocolate, coffee, lemon, (chutney (p. 60), sherry or other sauce. The same with cold rice pudding, without soaking in milk.

LEMON SOUFFLÉ

(i) Whip $\frac{1}{2}$ pint of cream. Grate fine two lemon rinds, and better still, pound the gratings, and get the juice of three. Break up the gratings on a plate with a little juice before mixing with the rest. Stiffly beat the whites of three eggs.

SWEETS contd.

Melt, stirring thoroughly, about a tablespoonful of gelatine in milk. Put the three yolks and $\frac{1}{2}$ lb. of sugar into it and stir in a double saucepan (or if on direct fire do not boil) till it thickens. Whilst still warm, pour in the lemon juice and whipped cream, and when cold just stir in the white of egg. Pour into a mould or bowl and as it cools stir from time to time to stop the jelly sinking to the bottom. Top with whipped cream.

(ii) During the first part of the war, till lemons disappeared altogether, we made the following. The rind of four oranges, which disappeared next, grated fine and pounded, a tin of pears chopped small, half a pint of milk, six sheets of gelatine and the value of four eggs in powder. Prepared like the above and stirred whilst cooling. It is a very delicate dish.

MAVRODAPHNE TRIFLE

When I first started innkeeping, thinking round for all the good things I'd had abroad, I sent for a load of Mavrodaphne wine that was so delicious in Greece because, I suppose, the only other wine, Rezinata, tasted of violin strings. But, once in England, I found I had no use for it, till, in despair, I put it into the trifle and have used it ever since. It is a very sweet, aromatic sort of malmsey (Stores, p. 70).

Split a sponge sandwich into three. Spread each slice with raspberry jam, custard and Mavrodaphne. Cover with whipped cream.

ORANGE JELLY

Grate the rind of two sweet and two Seville oranges and two lemons, and mix the gratings. Put 1 lb. of sugar into $\frac{3}{4}$ pint of water and boil well. Put in a basin and when cold put the juice of the oranges and lemons into it. Dissolve 3 oz. of isinglass in $\frac{3}{4}$ pint water. Mix all together, breaking up the gratings in a cup with a drop of water, and strain into a mould.

ORANGE SOUFFLÉ

Peggy Horton gave me this uncooked soufflé. Juice of five oranges and a lemon (I use another orange instead) and grate two ; the gratings want loosening first in a little juice before mixing with the rest : five eggs, five level tablespoonsful of sugar, one packet of orange jelly, $\frac{1}{2}$ pint of boiling water. Beat sugar and yolks of eggs together till sugar melts, add the juice of oranges. Dissolve jelly in the boiling water. When cool, add the above, mixing well. Lastly add the stiffly beaten whites of eggs and put into glasses or dish. Eat next day topped with whipped cream.

ORANGE SWEET

A simple but tedious thing to make, though an exquisite use of oranges. Get the meat out of each pig with a teaspoon as you would a grapefruit. Line a dish with sponge cakes. At the last moment tip onto it the orange meat, juice and all. Cover with whipped cream and sprinkle broken toffee over it, which is made as follows :

2 oz. sugar, 1 gill water, poured very thin over a buttered flat pan, cook till it browns and when quite cold break up into splinters.

PANCAKES

Mixture : $3\frac{1}{2}$ oz. flour, a gill of milk, 4 eggs or egg powder, sugar and a pinch of salt, though a much less sumptuous one suffices quite well. Sometimes a pinch of baking powder is mixed in at the moment of using. Mix the flour and salt and sugar. Stir the eggs, beaten in the milk, gradually into the flour. It makes a great difference to the lightness of the pancake if the batter is left to stand 3 to 4 hours and whisked up again before and when using.

Melt about a teaspoonful of lard into the hot pan for each pancake. Pour in the batter, stirring the whole each time, with a big spoon, and spread it as evenly as possible so

SWEETS contd.

that, if the pan is on a hot spot, it doesn't lose heat by being too often tipped on one side. If you don't toss the pancake, lift it over by pushing a knife right through underneath the middle of it and turn it over.

Over the pancake sprinkle splintered toffee, as above.

For fillings see as follows :

PANCAKE FILLINGS

Chutney

1. Preferably home made (p. 60).

Lemon Curd

2. —

Heather or Greek Honey

3. Melted with milk and butter or cream, thickened, or not, with egg in a double saucepan.

Jam

4. —

Marrons

5. Either glacé or plain preserved in syrup, minced and mixed with their syrup, butter, a touch of vanilla and why not rum or Crème Noyeau (bitter almonds liqueur) ? Get it warm and spread.

Roseleaf

6. Some roseleaf jam (p. 70) dissolved in milk and a bit of butter.

Rum Prunes

7. Stone and chop up the prunes and mix sugar and rum with them. Or slop it with plenty of juice onto bits of sponge cake, with whipped cream, of course.

Rum and Liqueurs

8. Keep a bottle of Cordial Médoc or Vielle Cure or Noyeau for cooking.

PLUM PUDDING

The family recipe of Samuel Warren, Mount Vernon Street, Boston, U.S.A., given to me by my late beloved friend, E. P. Warren, Lewes, Sussex, which pudding we have made to his memory in our Inn for twenty-two years.

2 lb. suet	2 lb. sugar
2 lb. sultanas	2 lb. stoned raisins
2 lb. currants	2 lb. breadcrumbs
2 lb. lemon peel	$\frac{1}{2}$ lb. flour
6 eggs	2 level tablespoonsful spice
salt	$\frac{3}{4}$ bottle of brandy

Mix and stir the dry, then add the wet. I suppose some cook invented the superstition of a family ritual to lessen her long and arduous stirring, but this has now become too symbolic to serve the purpose, so scatter in the ingredients little by little of each in turn. Boil for five hours. Put away and before eating boil another two.

QUINCE FLAN

Quarter the quinces (with chopper) and cut out the cores. Skinning is not needed. Boil and stew a long time, e.g. boil for 1 hour and stand in the low oven, if Aga, for hours till they get soft. Then boil with sugar and leave in low oven for hours again till they get red. Mix gelatine with the juice and either squash the quinces with a mushroom, or slice or chop them. When cold put into a flan pastry and to complete, cover with toffee (see Chocolate tart), with whipped cream. I've found Camden tablets to work perfectly for preserving quinces (p. 60).

RASPBERRY OR BILBERRY CREAM

Boil milk and sugar and when cooler pour into it whipped eggs, or only the yolks at the rate of 2 per glass of milk. Thicken in double saucepan or on low heat. When the stuff is getting cool sieve the juice of the fruit into it and stir.

SWEETS contd.

RHUBARB FLAN

Spring fruit, as they called it for us in the nursery, is good out of season so I preserve it with Camden tablets (p. 60). Mix it with egg powder or egg, grated lemon, or orange, sugar and cream or milk into a fairly wet mush and pour it over nice short pastry and bake. It's better still to cover it when baked with a sifting of sugar and burn it under the grill or salamander. (If neither be available, see Chocolate tart, above.)

RICE PUDDING BRULÉE

A very creamy rice pudding with chopped candied peel or chopped chocolate mixed in when cold and toffied as in the foregoing.

SHERRY PHILIP

For 12 glasses.

1 pint cream

2 dozen almonds

2 glasses of Marsala or brown sherry

2 lemon juices

sugar.

Blanch and pound the almonds and mix into the cream in a jug. In another jug put the rest and pour rapidly from one jug to the other.

SHERRY TOAST

Soak slices of bread, about toast thickness, in milk, whipped egg and sugar. Fry them brown in plenty of lard. Pour over them when serving very hot, sherry, water, sugar and whipped egg, thickened and whipped in a double saucepan. I have used, instead of sherry, a well-spiced claret. The colour is a fine purple. (For cooking purposes boiled spiced and sugared claret keeps weeks when corked.) Or use a rum or jam sauce made with cream.

STRAWBERRY MOULD

Sieve 2 lb. of strawberries, 6 oz. sugar, and a touch of lemon grating (not juice, which spoils taste). Melt 2 oz. isinglass in as little water as necessary, and when cool pour in the pulp. Stir now and then when getting cold, and turn into mould or glasses with cream.

STRAWBERRIES CORDIAL MÉDOC

Crush strawberries in Sauterne and a dash of lemon grating. Cover the bottom of a dish with sponge cake. Mix into the strawberries and Sauterne some Cordial Médoc, and cover with sweet whipped cream. (Chopped almonds on top or crushed paper-thin toffee.) In this dish I use Cordial Médoc because its basis is Marc, a coarse but genuine brandy made from grapeskins, and flavoured with strawberries.

STRAWBERRY SHORTCAKE

For this American dish mix 2 cups of self-raising flour, sugar, $\frac{1}{2}$ teaspoonful bicarbonate soda, and small saltspoonful of salt, rub in a walnut of butter, and gradually work in milk. Butter round shallow tins and spread with the mixture. Bake. When done, split open the cakes, butter and sprinkle with sugar. Have ready a quart of strawberries, crushed with sugar, hot, but not near boiling, and spread the layers. Pile up, pour over more strawberry mush, and serve quickly with whipped cream. (Failing strawberries, blackberries, black currants, apples or plums can be used.)

THAME TART

Neither I nor Thame nor the late Lady Jekyll (in her delightful *Kitchen Essays*) invented this tart, but since tens of thousands of people have eaten it with me as "Thame Tart", it would seem to have earned the title. It's simple but stimulating. Spread a short pastry flan with raspberry jam, then a layer of lemon curd and cover with whipped cream. (For flan cutter, etc., see page 78.)

SWEETS contd.

ZABAIONE

Have a double saucepan boiling ready. Beat sugar and yolks of eggs, one for each person, in a basin till you can beat no more. Add a dessertspoonful of Marsala or brown sherry and whisk that in. Pour into the double saucepan (it can be done over direct heat but with more anxiety) and whisk all the time till very frothy and almost, but not quite, thick. Serve either very hot in hot glasses or serve cold. In Italy they give you fingers of rich sponge cake, *Pane di Spagna*, with it.

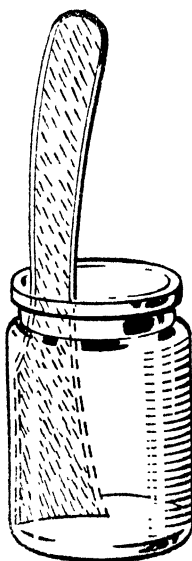


Fig. 5. Jam pot scraper

SAVOURIES

A French lady once asked me how, after such a delightful dinner, we could spoil it with this sort of thing. I couldn't answer her. Indeed it does seem rather a horrible invention. Its diminutive size tells you that you've already had enough to eat and its piquancy that you have to be coaxed to eat even that little. However, it removes the sweet from your palate and, if not too rasping, lets you resume your wine after the sweet. Here I might express my own feelings about the business of wine having to go with the food. When people ask me what wine they should drink with the dinner, I tell them that as they will drink it with the soup and take it all through the meal they had better have the wine they like best. At banquets it is of course possible to suit the wine to each course. But if the wine pedant had his way he would give you nothing better than hospital food.

BACON ROLLS

Rashers of bacon rolled.

- i. Stuffed with prunes soaked in a little vinegar and cayenne mixed into the juice.
- ii. Chicken liver, a scrape of onion, cayenne, and grated cheese.
- iii. Haddock or kipper or oyster.
- iv. Walnut pickle, just stained with it, and cayenne.

THE BLACK DOG

Like Little Cat, below, but adding squashed pickled walnuts and some sugar. For more practical use I crush all the contents of the bottle and put it back.

CHEESE STRAWS

SAVOURIES *contd.*

CHEESE BEIGNETS

For about twelve: 2-3 eggs, $\frac{3}{4}$ pint milk, rather more than $\frac{3}{4}$ lb. self-raising flour, salt and less than $\frac{1}{2}$ lb. cheese. Beat eggs, mix in flour, add milk, cayenne, mustard, salt, cheese and eggs gradually. Drop with a spoon into hot fat. Drain on a wire net.

CHEESE FINGERS

Cut slices of bread (not too new) into fingers. Dab them in seasoned milk and egg whipped together and fry. Pour on to them a very cheesy white sauce with cayenne and brown in the oven. Curry paste or powder, with a pinch of sugar, could be mixed with the egg and milk.

CHICKEN LIVER OR KIDNEYS

Half fry some chopped bacon, then add the sliced livers and stir about in pan with butter, cayenne and salt.

CHUTNEY PANCAKES

Either full-sized cut in sections or little ones three in a pan.

CUCUMBER

Toast spread with melted anchovy, or chutney, and cayenne, upon which a slice of unpeeled cucumber, grated cheese on top, and baked.

HERRING ROES

Melt butter in a dish. Roll the roes in it. Cover with grated cheese and raspings, with cayenne, and bake not too long.

KIPPER

Filletted raw, mounted on fried bread or toast buttered on each side, and baked with cayenne and a little cheese grating.

KIPPER RAREBIT

See under Fish (p. 12).

SAVOURIES *contd.*

LITTLE CAT

For making a quick savoury and one which can be used again if not finished, put into a double saucepan grated cheese, anchovy or curry, cayenne pepper, chutney, with a scraping of onion, and just a little water. Stir it often (the water outside should not be too hot) to stop the cheese getting hard and oily. Put it on toast or fried bread. When cold it goes granulated and makes a good sandwich, and it can be heated up again.

Certain kinds of cheese go stringy in which case, especially if you know how many you are to cook for, and indeed, in any case do it this way.

Melt the grated cheese in hot milk on a very low heat, adding pounded or sieved fried onions and chutney, curry (a touch) salt and cayenne. When ready to bake mix in some beaten egg or egg powder (mixed separately with some of the cheese mixture in a round-bottomed bowl with a mushroom) pour evenly over bread, toast-thickness, in a baking pan or shallow enamel dish, cover with coarse raspings and bits of butter and bake fairly quickly.

MUSHROOMS

Stew the peelings and chopped stalks with chopped onions in milk. Strain and stew the mushrooms, chopped, in the same milk. Thicken by stirring in flour and butter, pepper and salt. A touch of fine grated cheese melted afterwards into the hot sauce enriches it.

POTATO CHEESE

Like "Potato Cheese" (p. 29) but with a still richer addition of cheese and pounded fried onion, and somewhat drier and thinner.

SARDINE ROLLS

Make a mash of sardines, cayenne, cheese and a dash of grated onion and vinegar; roll up in thin pastry and bake, or, if you

SAVOURIES contd.

can quite securely seal up all approach to the stuffing, fry, preferably in deep fat. If you fry, the pastry should be made with egg instead of water, and butter without lard. Always let the things dry for a while before cooking. (See Ravioli, p. 29.)

PRUNES

Stuffed with mashed walnut pickle or chopped Danish cucumber.

RAVIOLI

See page 29.

TUNNY

Rolled in bacon, see Chicken Liver, above.

VEGETABLES, ETC.

CELERIAC

The celery species that makes for root instead of leaf. It is not popular or often to be had, so I grow it myself, or get our nursery man, Mr. Norbury, to grow them, and take the crop. Trim the roots and scrub. Cut in halves if big. Boil and peel when cool enough (throwing out an occasional fibrous one, and some may be found to be not quite sound).

- i. Mash in butter, milk, pepper and a fair amount of salt.
- ii. Slice and fry in seasoned batter. Parboiled onions cut in airy thick rings, swedes, and bits of cauliflower, can be done in the same way, and served together as a *fritto misto*, or as a surround for cutlets, etc.
- iii. Crushed and thickened afterwards for a sauce with flour or cornflour, milk, butter, cream, pepper and salt, a dash of sugar and, perhaps, vinegar.
- iv. Mixed with whipped egg, or dried egg, milk, butter, baking powder, grated cheese, pepper and salt and baked as a *soufflé*. A slip of egg and milk over the top keeps it moist and browns.

CUCUMBER

Cut into sections, about 2" long, and peel round each, keeping the peel (unless you do the whole thing lengthwise with potato peeler). I make the sauce a beautiful green in this way— Stew the peelings and ends in covered pot in the oven, in not quite enough water or stock to cover, till quite soft. Mash with a mushroom or in a mortar and put the green liquid through a sieve and stew, covered, the sections in it till transparent. Pour off the liquid and thicken with butter, cornflour, pepper and salt, and whipped cream, and maybe a touch of grated onion or cheese, and run it over the cucumber when serving.

VEGETABLES, ETC., *contd.*

CUCUMBER PIE

Parboil a peeled cucumber and cut it up in chunks. Then mix with them rich onion sauce, breadcrumbs and grated cheese, and cover with raspings and bake. To get a pretty green colour boil the peelings separately. Then grind them in a mortar and strain into the milk you make the sauce with.

CHUTNEY

2 oz. ginger	20 apples
4 oz. salt	1 lb. onions
eggspoon cayenne	1½ lb. sugar
2 tablespoons of mixed mustard	¾ lb. sultanas
3 pts. vinegar	spice
	dessertspoon or less of curry

Boil till all is soft and amalgamated. Bottle when cold.

FRUIT AND VEGETABLE PRESERVING

For *rhubarb* and quartered, cored and unskinned *quinces*. Avoiding the usual lengthy and precise method by heat, I find the Camden tablets, at Boots and other chemists, do the thing admirably and easily. Fill a jug with cold water and dissolve into it the number of tablets proper for that quantity of water. Stuff the fruit into, say, 7-lb. jars, and cover with this water. I find it important not to have any part of the fruit floating above the level of the water, which is not so easy. Then paste over the jars thickly pasted greaseproof paper (which, nevertheless, won't stop evaporation.) I have used rhubarb when it has gone almost dry. N.B. Before eating, it is necessary merely to bring to the boil the whole lot which evaporates the sulphur.

FIVE COLOUR VEGETABLES

Playing with red cabbage has led to the following. Boil together red and green cabbage, savoys for preference, when

VEGETABLES, ETC., *contd*

the red goes a beautiful blue and the green gets more brilliant. Separate them as soon as cool, chop, salt and pepper them. Chop and season also boiled carrots, turnips and beetroot, and warm them separately. Lay them in a pattern on a dish, blue, green, orange, magenta and white, and spray melted butter over them, or have them cold with salad mixture (p. 63).

FRIED POTATOES

Dry the chips. Cook in a basket in fairly hot lard or oil till soft and pale yellow. Take them out and then get the fat smoking hot and put them back in small quantities at a time to brown. If you do thin slices in this way they will, with luck, get blown out (*soufflés*), and should be served at once before they flatten. Sprinkle with salt.

LEEKS

Cooked in red cabbage water leeks go bright pink and yellow like young rhubarb, an improvement upon their natural washy look.

MARROW

My way of skinning a hard-skinned marrow (or swedes) is to chop them in rounds, putting the sections on the board, and cutting the skin with chopper or knife downwards all round. Then, chopping the sections in halves, scrape the seeds out with the hand. Brighten the sloppy mass by adding boiled carrots, crushing the lot with a mushroom in a bowl with cheese, pepper, salt, butter and egg powder, and bake covered with raspings. Cook and eat young marrows whole and unskinned.

MINT JELLY

From Mrs. Bosworth, Harboro'.

$\frac{1}{2}$ pint vinegar

$\frac{1}{2}$ lb. sugar

chopped mint and

a spoonful of gelatine (*continued next page*)

VEGETABLES, ETC., *contd.*

Boil the vinegar and sugar together. Dissolve in it the gelatine. When cold add the mint, which I pound, and stir. It is useful for tinned peas in winter as well as lamb.

MINT SAUCE

Throw the leaves and the top stalks into a mortar with castor sugar, pound and rub to a thick green juice. Pour in warm water and vinegar. This method greatly saves time and trouble, and gives colour and much more flavour. The same method for parsley, capers and fried onions.

POMMES ANNA

Slice or chop up potatoes, either raw or boiled. Put them into covered pot with a little milk, bits of butter, chopped onion, grated cheese, pepper and salt. Bake, tipped on a skewer or something to prevent burning, and stir them once or twice at the start whilst cooking.

RED CABBAGE PIE AND MAUVE SAUCE

Another red cabbage freak :

Cut away (and keep) the outside leaves and the darkened tops of others, for they go a bad green in the cooking. Quarter the cabbage and cut away the core. Boil or steam in the oven with as little water as possible. It's better under-than over-done. Turn it out, keeping the purple water (that goes indigo blue when cold), and chop it fine (see chopping tray, Plate III). Boil for half an hour or so in the purple water the well-chopped trimmings of the red cabbage with cloves and onions, thus strengthening the colour very much. Poke it about and strain. Thicken with flour, butter and milk when the colour becomes a bright mauve, and melt cheese into the hot sauce, pepper and salt. Mix the sauce into the chopped cabbage and put into a baking tin. Flatten smooth and cover with a slip of batter to keep the moisture in. When serving sift over it some coarse cheese and raspings.

VEGETABLES, ETC., *contd.*

RED CABBAGE

Boil only the best parts of the red cabbage, it boils quicker than the green and keeps crisper. Chop it (see veg. chopping board, Plate III), put it back in the pan with butter, pepper, salt, vinegar and sugar, when it turns pink.

SALAD DRESSING

i. I find awful the French dressing made with rancid oil and acid wine vinegar. I whisk malt vinegar gradually into the best Italian olive oil. Add sugar, mustard and curry powder, but not enough to taste of curry, only to give it what turns out to be a flavour of walnuts. (This will keep in a bottle.) Add lemon juice, grated onion and whipped cream, ever so little of which makes a great difference.

ii. The same dressing can be well made without oil by using cream, or, in fact, with milk, provided you whisk the vinegar in very gradually.

SPINACH SOUFFLÉ

Boil and mash. (Tinned French spinach is as good as fresh.) Whilst hot, stir in yolk of egg, butter, salt and plenty of pepper, and a touch of sugar. Let it get cold. Whip cream and white of egg separately and stir in both. Bake, standing in water, first covered, then five minutes uncovered. Serve on fried breads.

SWEDES

Bake small ones in their skins for a long time like potatoes and serve with butter, pepper and salt. As all swedes don't turn out good for this purpose, it's best to do more than you want. Turnips can be done in the same way, though their flavour is sometimes rather overwhelming.

SWEET POTATOES

Treat them like celeriac (p. 59) or bake till soft and serve with butter, or scrape out the insides, mash with butter, pepper and salt, and re-heat.

VEGETABLES, ETC., *contd.*

VEGETABLE DOLLOPS

Make a batter of $3\frac{1}{2}$ oz. flour, gill of milk, 1 or 2 eggs, salt and pepper. Drain, chop and crush with the mushroom any or all cooked vegetables, okra, carrots, turnips, artichokes, beans, marrow, parsnips, beet, cabbage, grated cheese, pepper and salt, and make them into balls. Drop them into the batter, roll in raspings spread on a large dish or board and fry brown slowly as they take a long time to cook through, or brown quickly and put in the oven to cook through. For a sauce, white or brown, with vinegar, sugar, fried onions, and coloured red with paprika. If the material be too wet to make into balls, bake the lot in a tin with cheese gratings, raspings, and bits of butter on top.

CAKES, BREAD, ETC.

BISCUITS

1 lb. flour, 2 oz. butter, 1 egg, salt, very little milk. Do it into a stiff paste, and beat it well. Knead till quite smooth. Roll very thin. Bake slow, 15 minutes or so, on floured baking sheet. If you use sugar, butter the pan freely, so that the bottoms get extra crisp.

BOSTON BROWN BREAD

Given to me by Mrs. Hanbury of Boston.

This sumptuous breakfast bread is a meal in itself, and I've made it for tea.

1 cup Graham flour (to be had at Fortnum's).

1 cup wheat flour.

1 cup corn meal.

Teaspoonful salt—mixed very well.

Warm together a cup of milk and small teaspoonful bicarbonate soda and a cup of treacle. Pour over the mixed flours a cup of boiling water, then add the milk and treacle. Beat hard and long. Turn into a greased mould with tight-fitting cap (I should think a pudding basin would do), and boil three hours. Take out and stand in oven ten minutes. Slice in about $\frac{1}{2}$ or $\frac{3}{4}$ inch slices, butter each slice well and pile up again. I never asked how, with 3 hours' previous boiling, they had it ready for breakfast, but so it was thirty-five years ago. Probably, like steamed puddings, it could be warmed up and be all the better for it.

CHOCOLATE CAKE

A perfect and a rich one.

Mix 8 oz. butter 8 oz. castor sugar 5 eggs
then add 4 oz. flour and 4 oz. Bournville cocoa. Bake $\frac{3}{4}$ hour in a moderate oven.

CAKES, BREAD, ETC., *contd.*

GINGER CAKE

From Jacqueline Goodacre's Norland Yorkshire Nurse.

Put into a pan

Cup of raisins

„ „ sultanas

„ „ currants

(or, failing the above 3 cups of dates)

Cup of butter

„ „ water

„ „ treacle

2 teaspoonfuls or more of ginger and 1 teaspoonful of spice.

Simmer the lot together for ten minutes and let it cool.

Add 3 cups of self-raising flour and pinch of salt. Mix a teaspoonful of bi-carbonate soda in milk and add.

Bake at once in moderate oven for about 1½ hours.

GRISSINI

½ lb. flour

salt

2 oz. butter

saltspoonful baking powder.

Put in basin and mix with boiling water, not very moist.

Turn it out onto a board or slate, knead till quite smooth, and roll into thin, very long sticks. Bake slow till hard throughout.

ORANGE CAKE

The weight of three eggs in butter, sugar and flour.

One teaspoonful baking powder, the grated rind and juice of an orange.

It's best to break up the orange grating with a drop of milk, and when grating keep to the same part of the grater. Beat butter, sugar and juice, add flour and then baking powder (if not self-raising). For the icing, another rind and juice of orange.

CAKES, BREAD, ETC., *contd.*

PORTER'S CAP

Sleepless last night with the first pains of another Whitlow, humiliating malady which I used to think only the very poor and dirty were heirs to, I decided now to record for the benefit of humanity how, in twenty minutes, I stop all pain for the rest of the run of this thing. Hold it in very hot water as long as you like. Put onto lint a dab of Epsom salts ground to a paste with glycerine. (Doctors know of this most powerful of all fomentations with which I cure also my own or others' chilblains, boils and festering cuts, but they don't seem to use it.) Cover with oil silk and bind with a short bit of bandage, which you fix with first-aid plaster. With daily hot water and dressing you may have to wear this from a week to three or four weeks, but there is no sling, no ancing and no more pain.

PUMPERNIKEL

Failing any recipe for this, I once did as follows :

- 1 lb. wholemeal
- 1 $\frac{3}{4}$ cups hot water mixed with
- 1 $\frac{1}{4}$ cups treacle
- salt and mixed spice

Mix into a dough.

I knocked out the bottom of a Bournville cocoa tin with a wooden spoon. Put the lid on and stuffed the dough into the tin from the bottom end. Replace the bottom and stand it in the oven and bake. Keep it in the tin to cool, where it keeps fresh a long time. It can be bought, see p. 70.

ROSELEAF

Spongecake layered with Roseleaf jam (Stores, p. 70) is intriguing, or on biscuits for tea parties and the like.

CAKES, BREAD, ETC., *contd.*

SODA BREAD

Soda bread keeps as well as yeast-made. It is commonly done and it would seem unnecessary to give the recipe but that so many people ask us how we make it. To make 7 or 8 lb. takes me just 4½ minutes from resolve to oven. I get the wholemeal flour from Colonel Landon, Lord Fitzwilliam's agent, Wentworth, Rotherham, and when I run out I find Allinson's is next best. It takes less time to do this sort of thing by habit rather than measuring, but I believe these quantities are about right :

3½ lb. of wholemeal 1½ lb. self raising

or more or less of either according to taste. Stir in about two tablespoons of baking powder. Throw into the flour hot water, well salted, rather less than ½ pint to the pound. Mix hurriedly (with iron spoon), drop onto floured iron sheet and bake.

SODA CAKE

Mrs. Ruth Spenser Hoffmann gave us this recipe and we made it and no other every day for ten years at the Spread Eagle.

1 lb. flour	½ lb. currants
½ lb. butter	½ lb. brown sugar
1 teasp. bi-carb.	1 cup hot milk
2 eggs and spice as you like.	

Rub butter into the flour, add the sugar and fruit and mix in the eggs. Mix the hot milk and bi-carbonate and stir quickly into the mixture.

SPONGECAKE

I've seen my sister, Ethel Bullmore, make this cake and eat it before breakfast.

4 eggs weight of sugar
2 eggs weight of flour
2 eggs

(*contd. next page*)

CAKES, BREAD, ETC., *contd.*

A little lemon grating well broken up in the eggs.
Beat the eggs, add sugar, then flour, beat till light. Hot oven till risen. Finish moderate oven about $\frac{3}{4}$ hour. If baked too long it dries.

WESTMORELAND GINGERBREAD

Here is a recipe for this unique and delicious thing. It wants careful making.

$\frac{1}{2}$ lb. flour	2 teaspoonfuls ginger, or more
$\frac{1}{2}$ lb. butter	2 oz. lemon peel, finely
(margarine can be used,	chopped
though it wasn't when	10 oz. brown sugar
I knew it so well; 60	
years ago)	

Mix all, save the peel, and rub and push with the hand. When well mixed, set aside a handful, then mix the peel with more rubbing and more pushing. Put the mixture dry on a rectangular tin with a turned-up edge, failing which, a round flan tin would do, not greased or floured. Press it all over with the hand (about $\frac{1}{2}$ " thick) lightly but firmly. Then scatter evenly over it the set-aside crumbs. Bake for an hour in a moderate oven, and cut in strips when hot. It should not come out like crisp, dry shortbread, but rather moister and stickier, almost. It is really best eaten hot and soft. It can be warmed up, but only slightly, as it gets hard, and once hard it never goes soft again.

STORES

Here is a list of things referred to in this compilation, without which it would be impossible to reproduce the full flavour and character of my catering, if, indeed, such should be thought desirable. I did not find the things expensive, especially when I troubled to get them direct from the vendors abroad. That, of course, is not possible in war-time. After the war Consuls in London of the several countries may prove helpful in suggesting other sources of supply if the names in my text prove fruitless.

Bayleaf anchovies. De Danske Vin & Konserver Fabrk.

J. D. Beauvais & Rasmussen, Copenhagen.

Black beans. Fortnum Mason.

Chutney, home-made (see p. 60).

Cucumber. De Danske Vin & Konserver Fabrk. J. D.

Beauvais & Rasmussen, Copenhagen.

Dry bay leaves, if you don't keep a tree.

Frankfurter sausage. De Danske Vin & Konserver Fabrk.

J. D. Beauvais & Rasmussen, Copenhagen.

French mustard.

Goat's Cheese (Gjetost). Messrs. Jansen, Torvgaten, Oslo.

Greek honey. Messrs. Garvin, Isleworth.

Marrons in syrup.

Mavrodaphne. Consult Greek Consul.

Mussels. De Danske Vin & Konserver Fabrk. J. D.

Beauvais & Rasmussen, Copenhagen.

Okra. Most grocers have or can get it.

Paper of all sorts and printing. Messrs. T. G. Porter, Leeds.

Paprika. I suppose you can buy it anywhere. I got, direct from Hungary, enough for ten years.

Pumpnickel in tins. German grocers, such as Appenrodt's or Schmidt, Charlotte Street, Tottenham Court Road.

STORES contd.

Purée de foies. De Danske Vin & Konserver Fabrk. J. D. Beauvais & Rasmussen, Copenhagen.

Toheroa soup. Segal Frères, 114 Fore Street, E.C.2, or try the New Zealand Consulate, or Fortnum's.

Taylor's mustard, doesn't dry in the pot. Newport Pagnell.

Tunny. De Danske Vin & Konserver Fabrk. J. D. Beauvais & Rasmussen, Copenhagen.

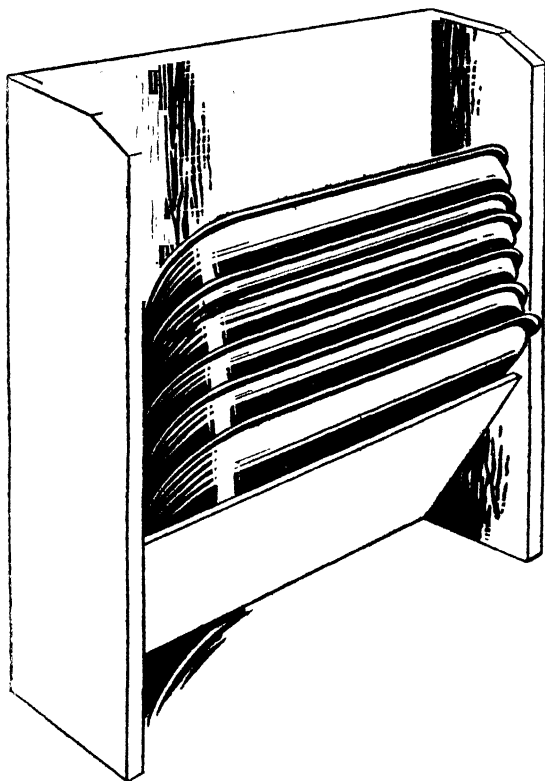


Fig. 6. Big tray rack

METHOD



Perhaps it is a presumption or wasted effort to publish some of the workings of my kitchen because we all delight in our own methods or none, but there will be a few practical obsessionists, in private or public work, who might be interested in another's attempts to sweeten labour. To them, then, I address these notes with an apology if they seem egoistic.

In all the kitchens that I have taken over, or visited, I have always found the staff to be unconscious of the inconveniences they have to put up with. It requires a good workman to complain of his tools, because he alone knows what good tools can do, but, in the kitchen, no one complains; they accept all the inadequacies, become loyal to them, and resent improvements. I remember having to visit a woman every day for a fortnight to see that she didn't waste time and potatoes by peeling them when there was a machine for the purpose beside her.

And when the equipment is good, where do you see an outlay that is based upon the progression of food from the back door to the dining-room table or even a detail such as a sink and draining board going from right to left wherever it be possible? In one of the most sumptuous kitchens in London I was told that the cooks had to be driven to go as the architect had planned for them. There, probably, the stupidity was not the cooks' but the architect's. From my own experience I know that the designer of a kitchen must (i) have scrubbed, cooked and served, not as an occasional, gracious action but as a necessity for a long time, in all its circumstances, and even then he must (ii) be able to sense what is wrong. And this again is no good unless (iii) he has the ability to invent the fitting improvements and methods.

The primary motive underlying a reasoned outlay and

gadgetting should not be that of saving labour because, as my wife says, "if we don't pay people to work for us here, we'll be paying them for doing nothing somewhere else", but rather to bring about peace and happiness by saving brain fag and nervous irritability, and this can be done by making work for the brain mechanical, and for the nerves undulating, with as few angles as possible. Hotel life gives opportunity for more bitterness and strife than in any other community, and only when you have got the mechanical conditions right can you tell your staff, sometimes, that their behaviour is disgusting and, often, admirable.

As soon as I got to the Three Swans I used to walk about early in my dressing-gown measuring. I heard someone saying, "He seems to be a pretty good fuss-box, messing about up there." But I was only planning a lift to save their carrying the food up the back stairs, with a nine-inch rise, as they had done here complacently for 400 years. . . . At the bottom of this lift I put a small table, pasting on to it a notice, "Nothing must be left standing on this table." Next day I heard, "He wants to make us into machines and we won't have it." But I was only wanting to save the kitchen folk the trouble of bringing a loaded tray round the corner to the lift, finding no place to rest it on whilst they got the lift down, and taking it all the way back!

Then look at people buttering bread in hotels and even in places where spreading bread is nine-tenths of their trade. (Dan Leno said that in China they buttered it on the opposite side from which we do, but that is irrelevant here.) Look at the butter in a hollow plate, sliding about the table, and the butter in it wobbling or getting caught under the shoulder, so both hands have to be used to get each helping of it, which is an action tiring and irritating to the spine. I think it was when I was explaining to a kitchen-maid that if she put the plate to stand at least on a damp rag it would help a lot, that

METHOD contd.

she, overcome with emotion, cried out, "You've played up Harborough long enough and we are getting sick of it." But I told her how, if she followed my advice, she would be making more money with less trouble, and so it all came about, and love as well abounds. Then I invented a board (Plate VI) upon which I can butter bread as fast as a girl can cut the slices in half and put them on a plate. When Sérille Phillips brought his ninety boys from Nevill Holt to tea here, I left the buttering of 180 squares till the last twenty minutes. I once sent a drawing, with recommendation, of this board to a tea-and-sandwich shop we used to visit in the Isle of Man. They were badly overworked by their muddling ways. I got no reply for my interference.

To save fatigue the main thing is to get the table as near as possible to the ovens with all the things that the cook is always using accumulated within that space, over or under the table, and over the ovens.

The show kitchen of England at Christ Church, Oxford, feeding some 400, complete with 17th-century spits, is a cube of 40 feet. It's magnificent to watch the tall cooks striding gracefully about their 1,600 feet of sawdust floor whilst our 36 feet between ovens and table with a tiny scullery are enough for Janet and me to do for ninety dinners and more.

My table (Plate V), being rather like a gipsy tinker's van, is a compendium worth description. It is covered with the hardest lino on which nothing is ever cut (there are big and little boards at hand for that). Enamel or metal covering is noisy and antipathetic, wood is hard to clean. On the far end I fixed a slate, in a chamfered wood fillet surround, and a Swedish bread cutter (which, incidentally, has to be mounted up a few inches to make it practicable). At the other end, for carving at lunch time, I cut out a hole in the top, dropped into it a zinc well with two gas rings in it—over this hole I drop a flat iron dish, flush with the table, $\frac{1}{2}$ inch deep, for the joints,

and a Bain-Marie for the hot liquids. After the meal the bit of table-top is replaced. Running along the top of the table is a double shelf holding all the odds and ends ordinarily required in cooking, with a few spare plates, a lectern with pencil and paper, and a loud speaker ("Tele-Rentals") to dining-room and bar. From concealed lights beneath the shelves (not as in the photograph) the whole table is floodlit, which is mighty pleasing to the eyes. Such a table exists nowhere else, I imagine. Of an evening the table looks like a well-lit organ in the surrounding gloom, and just as the organist hasn't to run round to the back to find a pedal or fetch a stop, so the cook has his entire bag of tricks within arm's reach to play with, whilst the table, his keyboard, remains clear of all but the music he is making. Something more than convenience is got by this handy presence of all the seasonings and other such ingredients. If everything required is there, everything will be used; if not, that breath of garlic will be missing or the wrong kind of pepper will have to serve the purpose. But with everything in front of you it not only saves your legs and ensures its being used, but you can run your eye along the shelves and get new suggestions. And below the table is a series of shelves for boards, baking tins and trays, whilst the drawer, at the side where you are (and not at the end where you aren't), pulled open by a handle easy to get at since it's nine inches long, doesn't run back three feet—spacious roving ground for your tools—but only fifteen inches, and is divided into three partitions for spoons, wood and iron, and odd things.

So much for the table, the vibrating heart of the establishment, vibrating especially when the cook is indulging in bad temper, that very understandable but quite unpardonable convention for cooks. (Would that the table were supported by one steel pillar in the middle, so as to give clearance for washing and sweeping underneath!) One step back from the

METHOD *contd.*

table are the ovens and other cooking machinery and utensils, and not only these, but teapots and jugs and plates. It is the custom to keep these latter where they are washed, but as they must ultimately come to the kitchen to get filled it is plainly better to get them there at leisure than have to run for them, when wanted in a hurry, piece by piece. At Ascot there was an immense Still Room where, also, all the washing up was done, so in order to prevent the crockery being carried to cupboards all round the room I built island shelves that stood opposite the washing machine, so the washed stuff was merely lifted into the shelves and pulled through from the other side as wanted. This novel principle of island shelves would be very useful in big kitchens for concentrating the work.

I venture to describe a few devices and usages that make for peace and happiness, though some of them may suggest the Bedaux system.

(i) (Plate IV) *A cinder box*, built by my son Anthony, lined with zinc, for Aga stoves especially. Much of this cinder is as fine as face powder and if you put it into an open box the room gets dusted thick. With this you drop the cinders into the slot, leave the shovel in for a minute or two, and not a grain goes into the room.

(ii) (Fig. 6, p. 71) Almost everywhere, but not here, people leave *trays standing dangerously against the furniture and walls*. Racks, such as illustrated, placed where they are most wanted at the right height from the ground, enable one easily, on passing, to drop the big trays in, and take them out.

(iii) (Plate IV) *Racks for pot lids* (above the oven, left hand). So simple but so beneficent and placed where wanted. Nested lids, pots, etc., unless all of a size, are an abomination.

(iv) (Plate III) *A vegetable chopping tray*. Into it you empty the whole boiling ; collect, if needed, the water ; drain the

vegetables, and chop them with a tool made out of a hoe, or chopper-blade and a handle which my son John made and welded on. The chopper can be used, with care, inside the pot itself.

(v) After some years *with the sink* I have found that you needn't buy and maintain soda, soap, scrubbo, wireballs or even a dish-rag. I do it all with various brushes and, of course, a clean bowl for rinsing. A wire ball or wire cloth is useful occasionally, but should not be used on tinned things.

(vi) The area of a *side table* can be doubled by building a shelf over it (coming only half way to the front), and a shelf hung by wires below.

(vii) *For holding roots, apples, etc.*, to prevent accumulation of dirt and of moulding stuff, I make the bottom of wire netting with a shelf a few inches below to be swept from time to time with a spoke brush (Plate VI).

(viii) (Plate III) *Plate racks* on the wall are an effort to reach, they drip, are difficult to clean and hold only plates. So onto the *draining board* (which ought to be on the left of the sink if possible), I have put a wood grid into, or onto, which you put everything as it comes out of the rinse.

(ix) "*Crescent*" *Dish washers, Aga stoves and potato peeling machines* save not only crockery, coal, potatoes and labour, but are humane institutions.

(x) (Fig. 5, p. 54) A wooden *jam spoon* that clears out the pot, bottom and shoulder with one sweep, and doesn't sticky the fingers. I "protected" this thing, just sold enough to cover expenses and let it lapse (with still a boxful at 7d. each). For places which empty many pots daily it's a great saving.

(xi) Instead of a steel *knife sharpener*, which I could never do with, I use a thin oval carborundum. I *cut cabbages and swedes* with a chopper. To *skin swedes and marrows*: I chop a slice off the side of the root upon which it stands firmly, when I cut it into three rounds. Laying these flat I pare them

METHOD *contd.*

downwards with chopper or sharp knife. To *mix egg powder* I use a mushroom in a rounded-bottom bowl which, if nicely manipulated, does it quickly and completely without effort. The mushroom is a good tool for *crushing all soft stuff* in the pan it's cooked in, though, better, in a round-bottomed bowl. I *clean carrots* with a steel filings ball if there is one handy, if not, a potato peeler. I've discovered at last a royal road for *peeling onions* by first cutting off top and toe, then cutting it in halves round the waist, rather diagonally, and after putting the knife under the band of skin at its narrowest it comes away on the knife in one ring. (Sometimes the onion can be squeezed out of the skin without its being cut.) The halves now lie flat for chopping. To make quick, easy and more tasty *apples for fool or tarts* I stew them whole and unskinned and put them through a sieve.

(xii) (pp. 2, 21) A *flan set*. (a) A square of three-ply covered with stainless steel. A square of some beautiful hard wood would do. (b) A knife to cut the flan with (Fig. 2, p. 21); (c) a trowel, of less than the breadth of the piece to be picked up, to prevent overlapping (Fig. 1, p. 2).

(xiii) (Plate VI.) *Bread buttering board*, 34" × 14". Twelve inches from the right is raised to the average thickness, slightly more than less, of the bread to be buttered. Onto this raised part you put the butter (where in winter the butter, if warmed, can comfortably be mashed to consistency), and holding the straight edge of the bread up against the step, you pull the butter over it with one curving motion.

(xiv) *Swedish bread-cutter* and *mincing machines* are generally not high enough on their legs to allow for the bread to fall, or a dish to go underneath. So they should be mounted on blocks—(in the case of the bread-cutter a block also to support the loaf).

(xv) Every side table or shelf I support where possible by *gallows brackets* to make it easy to clean the floor underneath.

(xvi) When serving the meat course at dinner I put *the two vegetables on the plates*, workman's dinner style, which saves the filling and immediate emptying of superfluous little vegetable dishes. Besides, when it's a party of three or more, the first to help themselves from the common dish will, especially if green peas, either sacrifice themselves, or, generally the others, and more vegetables have to be sent for.

(xvii) (Fig. 3, p. 32) *For scraping the bottom and top of the sieve* I cut in halves and slightly curve little aluminium œuf-sur-plat dishes with handles. With this the sieve can be scraped instantly, top and bottom. I find them indispensable.

(xviii) (Plate III) *For washing pots and pans*. I have not simplified this tool beyond my first rough experiment. It stands in the sink attached to the side. Being conical it takes all the ordinary sized pots and pans. Its advantages are, (i) with one hand you turn the pot round with no effort at all whilst you can scrub it as hard as you like with the other, (ii) the bottom of the pan gets no wear and tear from the sink, and (iii) the sink itself is spared.

(xix) (Plate VII) *Cup, and saucer boxes*, holding the same number of each. There is a false bottom below the cups to bring them to the same level as the saucers.

(xx) (Plate VII) *Plate boxes*. When used for knives you have the deep end towards you so that when full (the handles being the thicker part) they finish level and vicé versâ for spoons and forks. In order that they can be *also used for washing* I make them of oak with brass screws so that they do not corrode in water (there is a slit at the bottom to let the water out). You have another box standing in the rinsing water for the washed stuff or you can hold it under the hot tap. With this method the plate doesn't tumble about and grate on the bottom of the sink and comes out of the water all together, drains and needs very little drying.

(xxi) For covering flans with toffee, having here neither

METHOD *contd.*

an adaptable grill, nor means of heating a *salamander*, I have adapted an electric ring as described, on pp. 44 and 41.

(xxii) In "Catering Establishments", where they ask for "accommodation" instead of a room, and where the casual guest is called a "chance customer", as if it were a bit of luck to get him, the waiter, for the same unknown reason, calls out, "One beef, two cottage pie, one apple". It is an effort to pronounce it like this, and the more emphasis he gives to it the harder it is for the cook to remember it. But here I've got us to say "a beef, two cottage pies and an apple", which takes just half the time and effort, and, having a rhythm of its own, it echoes sweetly in the mind of the hearer. This may seem a case of meticulousness to those who are afraid of method, but if only they would try it, hundreds of times in the day, they would have more time and strength for wasting effort in less insistent things.

(xxiii) In the sink of, I suppose, every hotel, a sour rag is used for *wiping round each pot* even when (rarely) it has come through clear rinsing water. Thus in the *washing of crockery*, the washer, seizing the glass cloth, though quickly wet and dirty, relies upon it to do part, at least, of the cleaning instead of pulling the object out of clean hot water and letting it dry of itself. Here, whether using the dish washer or sink, we use the cloth for the silver only. And in Bars. *The wet glasses stand*, upturned in their own not too clean water awaiting the miracle of a series of wet glass cloths to polish them with. So I cover the copper draining board with a brass mesh (laid on a few bits of thick wire), whereon the glass drains away and the damp inside evaporates. All this saves time, labour and the drying, wear, tear and cost of cloths.

IV. Aga Stoves and Cinder Box

V. Kitchen Table



VII. Silver Plate Boxes. Tea Crockery Boxes

